

Where Can I Go, Lord?

Jennifer Gaudet 876-0490

jgaudet@htdioocese.org

Office of Individual & Family Assistance

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NOTE: The easiest way to access the information on this resource guide is to hold down (at the same time) the **control** and **F** keys on your keyboard. This action allows a search box to appear on your computer screen. Type in what you are looking for (example: **eyeglasses**) and press the **enter** key. The computer will scroll to the first section of the newsletter that has information on the topic you are seeking. Keep pressing the enter key to go on to another section that has information on that same topic until you find what you are looking for.

For people living in the following parishes, additional resources can be obtained by calling 211 which is the VIA LINK Resource Hotline: Jefferson, Lafourche, Livingston, Orleans, Plaquemines, St. Bernard, St. Charles, St. Helena, St. John, St. Tammany, Tangipahoa, and Washington: VIA LINK call center provides 24 hours a day assistance with crisis counseling, information and referral to programs to help with needs such as food, shelter, medical care, counseling programs, substance abuse treatment, childcare, etc.

Alternatives to Abortion/Foster Care Resources:

- Hope Restored For Life Pregnancy Center and Crisis Helpline: 872-4994: Provides caring services to pregnant women in crisis by offering education, guidance, and spiritual support especially to those considering abortion or other alternatives.
- Crossroads Pregnancy Resource Center: 446-5004: Provides caring services to pregnant women in crisis by offering education, guidance, and spiritual support especially to those considering abortion or other alternatives.
- Goodwill: 504-457-2277 or 985-262-8666: assists individuals ages 14-26, who are in foster care or have aged out of foster care with independents living skills training, case management, peer support or assistance for those individuals aged 18-26 who are experiencing a disruption in their housing situation.
- Liberty Dwelling: 985-262-8558 or www.libertydwelling.org : provides housing, spiritual, educational, psychological, emotional and physiological support to young adults that have aged out of the foster care system.
- Louisiana Department of Children & Family Services: assists children in foster care with finding foster parents who are willing to take them into their homes:
 - ✓ Lafourche: 447-0945
 - ✓ St. Mary: 337-828-5278
 - ✓ Terrebonne: 857-3630
- Pregnancy and Infant Loss Support www.nationalshare.org or 1-800-821-6819: Offers support for parents that have lost a child due to miscarriage or stillbirth.

Adoptions:

- Beacon House Adoption Service: 225-753-5551: they work with adoptive families and birth parents to ensure a successful adoption process.
- Catholic Charities:

- ✓ Archdiocese of Baton Rouge: 225-336-8700
- ✓ Archdiocese of New Orleans: 504-885-1141 or www.adoptnola.com
- ✓ Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/adoption-and-maternity-services>: Counseling is offered for mothers who are struggling with the issue of keeping the baby or surrendering the baby up for adoption. Offer adoptive Placements with Catholic couples in the Diocese of Houma/Thibodaux, when infants are surrendered for adoption. Pre-placement home studies for inter-country adoptions are also available.
- Children of the World: 1-251-990-3550 or <http://childrenoftheworld.com/contact-us/> : locate children to adopt from either inside or outside of the United States.
- For a listing of Maternity Homes outside of the state of Louisiana: www.abcaoptions.com/maternityhomes.htm
- Hope Cottage Pregnancy and Adoption Center: 1-800-944-4460: International adoption agency that assists with children in need of adoption from Ukraine, India, or Romania.
- Office of Children and Family Services: Offer adoptive placements or helps families learn how they can become Foster Parents.
 - ✓ Lafourche: 447-0945
 - ✓ St. Mary: 337-828-5278
 - ✓ Terrebonne: 857-3630
- St. Elizabeth’s Foundation: 225-769-8888: is a Baton Rouge adoption agency that provides confidential, comprehensive counseling services to those facing an unplanned pregnancy in Louisiana. We also provide medical care, counseling, and continuing education for our birthparents and adoptive parents. They tailor the adoption process to the wishes of the birth parent.
- The Gladney Center for Adoptions: 1-817-922-6000: Open & Closed Adoptions.
- www.adoptivefamilies.com : from pre-adoptive resources to tips on finding a support group, this site offers parents practical advice. International and Interracial adoption issues are also addressed.

Apartments/Housing Programs based on Income:

- Bayou Bend: 876-4876
- Cedar Grove: 872-3523
- Elizabeth Square and Elizabeth Towne Apartments: 537-7070
- Green Oaks Apartments: 447-5422
- Habitat for Humanity: 447-6999 or www.bayouhabitat.org
- Houma Housing Authority: 876-4755
- Housing Authority of Morgan City: 384-5118
- Housing Authority of Thibodaux: 447-2904
- Lafourche Housing Authority and Section 8 office: 537-5289
- Section 8 Housing:
 - ✓ City of Thibodaux Section 8: 446-7217
 - ✓ Lafourche: 537-5289
 - ✓ St. Mary: 384-0709
 - ✓ Terrebonne: 873-6799
- New Start For Veterans Program: 873-9788: provides transitional housing for homeless men and women veterans.
- Waverly Apartments: 446-2705
- Willow Wood Manor: 447-8710

Agriculture:

- Farm Service Agency: 446-6226: Provides loans to farmers. Agricultural credits may be available for low income farmers.
- Louisiana Cooperative Extension Service: www.lsuagcenter.com : they offer a variety of resources on agriculture, lawn, gardening, fisheries, marketing of crops, etc.
 - ✓ Lafourche: 446-1316
 - ✓ St. Mary: 337-828-4100
 - ✓ Terrebonne: 873-6495

Ambulance Service:

- Acadian Ambulance & Air Med: 1-800-259-3333 or dial 911

Anger Management Groups:

- Bayou Council On Alcoholism: 446-0643
- New Life Counseling Center: 632-7797: Offers anger management classes on a sliding scale fee.
- South Central Louisiana Human Services Authority: has educational classes and/or treatment for dealing with angry emotions. Call the mental health center nearest you to register:
 - ✓ Jeff Care Community Health Center: 504-349-8708
 - ✓ South Central LA Human Services Authority (Lafourche Center): 537-6823
 - ✓ South Central LA Human Services Authority (St. Mary Clinic): 380-2460
 - ✓ South Central LA Human Services Authority (Terrebonne Behavioral Health): 857-3615

Annulments:

- Diocese of Houma/Thibodaux Tribunal Office: 850-3126: The Catholic Church views marriage as a covenant for life that cannot be severed. Some marriages, however, are entered into lacking the necessary maturity or full knowledge, ability and commitment to enter into a permanent union. Sometimes free will is hindered due to external pressures. A person has the right to petition the Tribunal to look at his/her previous marriage to determine whether it was a valid marriage according to the laws of the Catholic Church.

Assessor's Offices:

- Looking for the owner of a property you would like to rent? Call the assessor's office in the parish the property is located, provide them with an address and they will tell you who owns it!
 - ✓ Jefferson (Grand Isle): 504-362-4100 or Grand Isle Town Hall 985-787-3196
 - ✓ Lafourche: 447-7242
 - ✓ St. Mary: 337-828-4100
 - ✓ Terrebonne: 876-6620

Birth/Death/Marriage/Certificates/Vital Records:

- Lafourche Parish Clerk of Court: 447-4841: Birth certificates and death certificates can be received the same day in their office for anyone who was born in the state of Louisiana.
- Lafourche Parish Clerk of Court: 447-4841: Marriage certificates only if officiated in Lafourche Parish.
- St. Mary Parish Clerk of Court: 337- 828-4100: Marriage certificates only if officiated in St. Mary Parish. Birth and Death certificates are obtained through Lafourche Parish Clerk of Court.
- Terrebonne Parish Clerk of Court: 873-8376: birth certificates can be received the same day in their office for anyone who was born in the state of Louisiana. Marriage certificates can be obtained if officiated in Terrebonne Parish. Death certificates are not available through this office but may be obtained through the Lafourche Parish Clerk of Courts office.

- www.vitalchek.com : birth certificates, death certificates, marriage records, and divorce records can be obtained for anyone who lives in the United States by using this secure site.

Budget Counseling/Money Management:

- Actors Fund: <http://actorsfund.org/services-and-programs/social-services-financial-assistance>: provides financial education, referrals, counseling and support to members of the performing arts and entertainment community. Our programs help people identify strategies for balancing income and expenses, reduce or eliminate debt, establish financial boundaries, and explore limiting beliefs about financial competence and self-worth.
- Bankruptcy Advice Hotline: 1-800-379-0985: speak directly with a caring attorney who specializes in bankruptcy. You'll learn whether you qualify for protection from your creditors, and what to expect if you file.
- Better Business Bureau Scam Tracker: <https://www.bbb.org/scamtracker/us>: check to see if a business or offer that sounds like an illegal scheme or fraud before you spend your money!
- Budget Computer Spreadsheets can be downloaded free of charge from: www.office.microsoft.com click on Templates at the top of the page and then type in budget in the search engine.
- Catholic Charities Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: the office of Individual & Family Assistance offers one on one budget counseling free of charge.
- Credit Guard of America: 1-800-564-7307 or www.creditguard.org : Get help consolidating your debt or in developing a personal budget.
- Credit Reports / additional reports : (all of the listings here collect personal information and a free report of what they collect can be obtained every 12 months):
 - ✓ Equifax: 1-800-685-1111 or www.equifax.com (fraud line: 1-800-525-6285)
 - ✓ Experian: 1-888-397-3742, or www.experian.com (fraud line: 1-888-397-3742)
 - ✓ Trans Union: 1-800-888-4213 or www.transunion.com (fraud line: 1-800-916-8800)
 1. Obtain a free credit report once a year from each of the credit bureaus listed above by calling 1-877-322-8228 or going to www.annualcreditreport.com
 - Dispute information found on your credit report if necessary: https://s3.amazonaws.com/files.consumerfinance.gov/f/documents/201701_cfpb_Credit-report-review-checklist.pdf
 - ✓ Innovis: 1-800-540-2505 or www.innovis.com
 - ✓ Nova Credit: <https://www.novacredit.com/consumer-faq>: provides credit reports from transaction histories all over the world.
 - ✓ Certegy Check Services: www.askcertegy.com: collect check writing histories
 - ✓ Chex Systems: https://www.chexsystems.com/web/chexsystems/consumerdebit/page/home!/ut/p/z1/04_Sj9CPykssy0xPLMnMz0vMAfljo8ziDRxdHA1Ngg183AP83QwcXX39LIJdYwM3M30w wkpiAJJ4wCOBkd9URAIMBP8PUKMgCa4-rgbG3kbugeaoCtAs8LAHKYAtyUFuREGmZ6OigAWLRKn/dz/d5/L2dBISEvZ0FBIS9nQSEh/: collects data on checking account applications, openings, closures and reason for the account closure.
 - ✓ Clarity Services: <https://www.clarityservices.com/support>: provide information on payday loans, financial services, check cashing services, and auto loans.
 - ✓ Core Logic Credco: <https://www.corelogic.com/solutions/credco-consumer-assistance.aspx>: collects property ownership and mortgage obligation records, property legal filings and tax payment status, rental applications and collection amounts, consumer bankruptcies, liens, judgements, and child support obligations.
 - ✓ First Advantage www.fadv.com: Conducts background screening services.

- ✓ Hire Right: www.hireright.com: <https://www.hireright.com/background-check-faq/answers/requesting-a-copy-of-your-background-report-file>: conducts employment background screening services.
 - ✓ Leasing Desk: <https://www.realpage.com/support/consumer>: They provide data for tenant screening.
 - ✓ Lexis Nexis.: https://personalreports.lexisnexis.com/access_your_full_file_disclosure.jsp: provides information on individuals auto insurance coverage and losses.
 - ✓ Microbuilt: www.Microbilt.com: Provides credit information, bill payment information, employment information, bank account data, property records, court judgements, address and phone information.
 - ✓ National Consumer Telecom & Utilities Exchange: www.nctue.com: a credit reporting agency that collects information on new connect requests, account and payment histories, defaults and fraudulent accounts associated with telecommunications, pay TV, and electric/gas/water services.
 - ✓ Sterling Infosystems, Inc.: <https://www.sterlingtalentsolutions.com/about/fact-act-disclosure>: conducts employment background screening services.
 - ✓ Telecheck: <https://getassistance.telecheck.com/consumer-contact.html>: They collect check writing histories. Contact if you have a problem with a check being declined.
 - ✓ The Work Number: <https://www.theworknumber.com/Employees/DataReport/index.asp>: provides employment and income verification.
 - a. Found an error on your credit report? <https://www.consumer.ftc.gov/articles/0151-disputing-errors-credit-reports>
- Dealing with Debt: <https://www.consumer.ftc.gov/topics/dealing-debt>
 - Debtors Anonymous: 1-781-453-2743 or www.debtorsanonymous.org
 - Every Dollar: <https://www.daveramsey.com/everydollar>: a free online budget tool to help manage your household finances.
 - Financial Preparedness before and after a Disaster: <https://www.ready.gov/financial-preparedness>
 - Money Management International: 1-866-889-9347 or www.moneymanagement.org/Services.aspx: They assist with foreclosure and reverse mortgage assistance, as well as budget counseling and debt management. They also offer bankruptcy counseling.
 - The National Foundation For Credit Counseling: 1-800-388-2227 (www.nfcc.org): they offer no cost budgeting and credit counseling. Fees may be incurred if they are needed to assist in consolidation of bills or other similar services.
 - To stop receiving credit card/insurance offers by mail, call 1-888-567-8688 or <https://www.optoutprescreen.com/?rf=t>: to have your name removed from the mailing lists of the major US Credit Bureaus for 5 years.
 - ✓ To stop other junk mail: www.dmachoice.org
 - <https://www.consumer.gov/articles/1002-making-budget#!what-it-is>: Explains in simple terms what a budget is and how to develop one.
 - <https://www.consumer.gov/section/managing-your-money>: Explains in simple terms how to manage your money.
 - www.handsonbanking.com: this site offers money management education for children as young as in the 4th grade all the way up to adults.
 - Money Smart Curriculum: the FDIC has a free curriculum for both adults and teenagers to learn about money management. Order the free software: www.fdic.gov/moneysmart
 - www.simpleplanning.com: to keep track of your household budget by computer with these excel spreadsheets!

- www.wife.org : this website offers a lot of information on financial issues affecting all aspects of family life – from single, to married, to divorced or widowed.
- www.money.cnn.com/pf/101 : this website teaches you the basics of money management – from setting goals to investing to what insurance you need to buy to protect your family.

Business Counseling:

- C.E.N.T.S. (Coastal Entrepreneurs Net To Success): 876-0490 or <https://www.htdiocese.org/cents>: A program of Catholic Charities Diocese of Houma Thibodaux that assists newly inspired business owners in developing their business plan.
- Chambers of Commerce:
 - ✓ Houma Terrebonne Chamber of Commerce: 876-5600
 - ✓ Lafourche & Bayou Region: 693-6700
 - ✓ St. Mary Chamber of Commerce: 985-384-3830
 - ✓ Thibodaux Chamber of Commerce: 446-1187
- South Central Planning and Development Commission: 851-2900 or www.scpdc.org : they operate a Revolving Loan Fund designed to link small businesses to financing solutions. The program is designed to assist new and expanding businesses in filling the gaps in financing not provided by conventional means.
- South Louisiana Economic Council: 448-4485: they provide managerial, technical, and indirect financial assistance for eligible small businesses to ensure competitive advantage in today's economy.
- Terrebonne Economic Development Authority: 873-6890: They assist with training needs, workforce issues and business consulting when needed.
- www.score.org : this site offers free confidential small business advice.

Car/Motorcycle/RV/Truck/ Donations:

- Catholic Relief Services: 855-990-4483 or <https://www.crs.org/ways-to-give/other-ways-give/donate-your-car> : they accept donations of cars, trucks, boats, or motorcycles whether they are in operational condition or not!
- St. Vincent de Paul Society: 872-9373 or <https://www.careasy.org/nonprofit/society-of-saint-vincent-de-paul-council-of-houma-thibodaux>: Looking to donate your working or non-working car?

Children:

- <https://www.makebeliefscomix.com>: children can learn to make their own comic strips!
- Spark: 868-8880: One stop location to find all of the resources you need!
- Bayou Country Children's Museum: 446-2200: www.bayoucountrychildrensmuseum.org : provides interactive learning facilities for children ages 2 – 12. Focuses on the culture of the Bayou Region with exhibits on sugarcane harvesting, the seafood industry and the performing arts.
- Beds: Sleep In Heavenly Peace: www.shpbeds.org/contact-us: they supply children who sleep on the floor with a bed, sheets, and pillow.
- Car Seats or Booster Seats:
 - ✓ How to tell which car seat is right for your child: www.safercar.gov/parents/RightFit.htm or <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats>: there are also videos to help parents learn how to install a child seat the right way in their car.
 - ✓ Have a handicapped child that keeps getting out of her car seat? A solution is a 5 point safety vest that takes the place of the car seat: E-Z-On Adjustable Vest and/or MAX Vest.

To find a vender go to www.ezonpro.com , click on E-Z-On products, family vehicle products, click on adjustable vests.

- ✓ Want to know if the car seat in your car is properly installed? Contact the Louisiana State Police Office for an appointment to get your car checked: Lafourche: 447-0965, Morgan City & Terrebonne: 857-3680.
- Child Abuse, Child Substance Abuse, Child Counseling:
 - ✓ Audrey Hepburn Care Center: 504-896-9237 or <http://www.chnola.org/CAREcenter>: The physicians aid in the proper recognition, intervention, protection and prevention of maltreated children, including physical abuse, neglect and sexual abuse.
 - ✓ Biker's Against Child Abuse: <http://bacaworld.org> : 226-6106: this group's main focus is making the child feel safe in their environment after abuse has been documented.
 - ✓ Capstone Treatment Center: 1-501-729-4479: located in Arkansas, they offer a Christ-centered residential treatment program for adolescent male's ages 14-25.
 - ✓ CASA: all programs aim to ensure that abused/neglected children in the LA legal system have a competent and caring volunteer advocate to speak on their behalf. Volunteers work with all parties involved to find safe and permanent homes for children.
 1. Jefferson: 504-533-8757
 2. Lafourche: 446-6600
 3. St. Mary (Bayou CASA): 337-359-9016
 4. Terrebonne: 876-0250:
 - ✓ Chez Hope: 337-828-4200: They offer shelter for parents and children fleeing an abuser as well as offer support groups for adults and abused children.
 - ✓ Child Abuse Reporting Hotline: Office of Community Services (OCS): they investigate cases of child abuse and neglect: to make a complaint call: 1-855-452-5437
 - ✓ Childhelp USA: 1-800-422-4453 (national child abuse hotline). They provide family support and resources to help the family cope with their situation.
 - ✓ Child Welfare Information Gateway: www.childwelfare.gov or 1-800-394-3366. They provide a number of helpful resources for families to learn on how to cope with the abuse and spot potential abusers among people they interact with.
 - ✓ Children's Advocacy Centers: Offer mental health counseling for victims of child abuse and their families, as well as providing forensic interviews to children who are victims of physical and sexual abuse.
 1. Jefferson: 504-364-3857
 2. Lafourche: 446-4808
 3. Terrebonne: 872-5437
 4. St. Mary: the nearest one is in Lafayette: 337-269-1557
 - ✓ Crisis Teen Textline: Text 504-777-EASE (3273): The Crisis Teen Textline is primarily set to serve youth ages 13-22 experiencing emotional distress. Specialists are able to provide emotional support, information and/or referrals to community resources, and crisis intervention as needed.
 - ✓ The Haven Crisis Line: 1-888-411-1333: They offer emergency shelter, community education, parenting classes, counseling for abused children.
 - ✓ Functional Family Therapy: START Corporation: 879-3966: offers family counseling for Medicaid eligible children, age 11-18, that may be experiencing a crisis not due to an acute psychotic episode or sex offender type charge.
 - ✓ KIDLINE: 1-800-244-5373: Trained counselors provide crisis intervention, support, parent education, help for victims of abuse and referrals to local resources 24 hours every day
 - ✓ Louis Children's Crisis Center: 872-4984: aims to prevent child abuse and neglect by offering counseling and protective services to children through a 24 hour, 7 day a week emergency shelter.
 - ✓ LSU Psychiatry Department: 504-568-8772: Can assist with counseling for children who have experienced abuse.

- ✓ MacDonell Children’s Services: 868-8362: Non-medical group home for boys ages 13-17 that are unable to live in their own homes due to abuse or neglect.
- ✓ New Life Counseling Center: 632-7797: they offer counseling on a variety of issues children face. A sliding scale fee is offered for low income residents without private insurance.
- ✓ Report Child Abuse: 1-855-452-5437
- Child Care:
 - ✓ Bayouland YMCA: 873-9622: offers after school child care from 3:00 – 6:00 pm
 - ✓ Do you babysit children in your home? If so, home day care providers can possibly get assistance with food for the children by contacting Lafourche Parish Office of Community Action’s Child Care Food Program. This office covers not only Lafourche parish, but also Terrebonne and Assumption: 537-7603.
 - ✓ Looking for someone to watch your children in their home or start up a home based day care on your own? Call Agenda For Children: 446-8330.
 - ✓ R U Kidding Learning Center: 985-746-5844: offers extended hours and 24 hour day care if needed.
 - ✓ State Child Care Assistance: Louisiana Department of Education: The pay a portion of the child care costs if the parent is working in a low income job or is attending school.
 1. Jefferson/Lafourche/Terrebonne & St. Mary: 1-877-453-2721 or <http://www.louisianabelieves.com/early-childhood/child-care-assistance-program>
 - ✓ Thibodaux Pediatric Day Health Care Center: 446-1541: They assist with day care for children age birth to 21 years for children with special needs that have Medicaid or private insurance coverage.
 - ✓ <https://webapps.dcf.la.gov/carefacility/index> : lists all state licensed day care centers addresses and phone numbers in Louisiana as well as reports that show any deficiencies discovered during state inspections of the facility.
- Children’s Counseling:
 - ✓ Adolescent Crisis Intervention & Counseling Nineline: 1-800-999-9999: operated by the Covenant House, this line can assist teens seeking guidance about difficult family situations.
 - ✓ Functional Family Therapy: START Corporation: 879-3966: offers family counseling for Medicaid eligible children, age 11-18, that may be experiencing a crisis not due to an acute psychotic episode or sex offender type charge.
 - ✓ Lighthouse Community Care: 985-746-5681: they have individual counseling as well as youth support and training. Accepts Medicaid.
 - ✓ South Central Louisiana Human Services Authority: child must be at least 6 years old:
 1. Lafourche: 537-6823
 2. St. Mary: 380-2460
 3. Terrebonne: 857-3615
- Children With Learning Disabilities:
 - ✓ Bayouland Families Helping Families: 447-4461: They have a lending library on all sorts of disability topics. They can also connect you to other parents/caregivers that share the experience of caring for a disabled child through their Peer to Peer Support Program.
 - ✓ Cusps and Capabilities LLC: 872-9838: provides center based Applied Behavior Analysis to children with ASD and/or learning disabilities.
 - ✓ Early Steps Intervention program for children ages birth to 3: 447-6550: provides services to families with infants and toddlers aged birth to three years (36 months) who have a medical condition likely to result in a developmental delay, or who have developmental delays. These services are provided in the child's natural environment,

such as the child's home, child care or any other community setting typical for children aged birth to 3 years (36 months).

- ✓ Kids as Self Advocates: www.fvkasa.org : a national, grassroots organization created by youth with disabilities to create change in policies directing disabled children.
- ✓ Learning Disabilities Association of America: 1-412-341-1515: They provide support to parents of children that have learning disabilities, as well as their child's teachers and/or other professionals that may be working with them.
- ✓ Masonic Dyslexia Center: 381-3994 or leave a message at 872-9722 or <http://www.la-mason.com/dyslexia-training-program> : this is a FREE two year after school curriculum for students with dyslexia who are struggling during the regular school day.
- ✓ Maxine Giardina Charter School: 227-9500: for children suffering from dyslexia or any other language-related learning disability. Grades 1-8.
- ✓ Public School System (Pupil Appraisal): children with any type of disability from age 4 to 21: If the parent suspects something is wrong with their child's development, the school system will evaluate the child and provide needed services.
 1. Lafourche: 447-8181
 2. St. Mary: 337-828-1767
 3. Terrebonne: 851-1550
- ✓ Sylvan Learning Center: 223-3798: Offers assistance by figuring out the learning style of the child and helping them to become more confident in their abilities to learn.
- ✓ www.ldonline.org – interactive guide to learning disabilities for parents, teachers, and children.
- Child Protection:
 - ✓ Any child or adult sexually abused as a child by a priest, employee or volunteer of the Catholic Church can call this hotline: 873-0026.
 - ✓ Office of Children and Family Services – Child Protection: counseling is provided to any children whose abuse has been investigated through OCS and is in state custody.
 1. Lafourche: 447-0945
 2. St. Mary: 337-828-5278
 3. Terrebonne: 857-3630
- Child Safety:
 - ✓ Bullying in Schools? Help your child learn to respond in safe ways by reading: “The Gentle Art of Verbal Self Defense” and “You Can’t Say That to Me!” Suzette Haden Elgin writes both books.
 - ✓ Free Swimming Lessons: 860-6625 or <http://www.childrenswatersafety.org>: offers free swimming lessons for children in Lafourche and Terrebonne Parishes.
- Child Support: the District Attorney’s Office assists single parents with obtaining court orders and support payments from the absent parent.
 - ✓ Lafourche: 448-3422
 - ✓ Morgan City: 385-2333
 - ✓ Terrebonne 580-7291
 - ✓ To check on the status of your child support call: 1-800-256-4650
 - ✓ <https://cafe-cp.dcf.la.gov/selfservice/> applications for child support can be made online. This site also allows parents to check on the status of their child support.
- Crippled Children’s Camp: Lion’s Club of Louisiana: <http://www.lionscamp.org>. They host a summer camp for mentally/physically challenged or diabetic children free of charge.
- Defiant Youth/Troubled Teens:
 - ✓ Diamond Ranch Academy: 435-635-4297 or <https://www.diamondranchacademy.com>: They help youth ages 12-18 struggling with a myriad of emotional and behavioral issues including: substance abuse, depression, ADHD, impulse control, peer pressure, anger management, oppositional defiance, self-esteem, grief/loss issues, family relationships, communication, and academic struggles.

- ✓ Functional Family Therapy: START Corporation: 879-3966: offers family counseling for Medicaid eligible children, age 11-18, that may be experiencing a crisis not due to an acute psychotic episode or sex offender type charge.
- ✓ South Central Louisiana Human Services Authority: child must be at least 6 years old:
 1. Lafourche: 537-6823
 2. St. Mary: 380-2460
 3. Terrebonne: 857-3615
- ✓ Turn About Ranch: 1-800-842-1165 or <http://turnabout ranch.crchealth.com/> : accepts students ages 13-17 for a 100 day treatment program. Treatment stay may be longer for some situations.
- Head Start: <http://www.louisianaheadstart.org> : Comprehensive child development programs which serve children from age 3 to age 5 with an overall goal of increasing child readiness of young children from low income families.
 - ✓ Lafourche Parish: 537-7603 or <http://www.lafourchegov.org/departments/community-services/head-start>
 - ✓ St. Mary Parish: 337-828-5703 or <http://www.stmarycaa.org>
 - ✓ Terrebonne Parish: 580-7273 or <http://www.tpcg.org/index.php?f=headstart>
- Missing, Homeless or Runaway Children:
 - ✓ ChildHelp USA: 1-800-422-4453. Provides assistance with crisis intervention.
 - ✓ Covenant House of New Orleans: 504-584-1111. Offers emergency food, shelter, and crisis intervention for young teens and adults up to age 22.
 - ✓ Boys Town Hotline: 1-800-448-3000: The [Boys Town National Hotline](#) is a free resource and counseling service that assists callers 24/7, 365 days a year, nationwide. Trained professional counselors provide emergency or direct assistance, or refer callers to community resources. The Hotline specializes in helping children and parents.
 - ✓ National Center for Missing & Exploited Children: 1-800-843-5678 or www.missingkids.com : provides information on what steps a parent can take if they find their child missing.
 - ✓ National Hope Network Hotline: 1-800-442-4673: counselors are available to help emotionally distraught youth.
 - ✓ The National Runaway Safeline: 1-800-621-4000: is the federally designated communication system for homeless, runaway and at-risk youth up to age 21. It is confidential, volunteer based; non-profit and provides crisis intervention and referral services 24 hours a day. It also offers message relay between runaway youth and their parents or legal guardians, education and outreach services, and administers the Home Free program in partnership with Greyhound Bus Lines for youth who are trying to find a way back home. Youth who are considering on running away, those who already have, and parents with children in crisis can call this hotline for help.
- Teen Violence:
 - ✓ National Teen Dating Abuse Hotline (Love Is Respect): 1-866-331-9474 or <http://www.loveisrespect.org> : offers a 24 hour, 7 day a week phone or online chat counseling service for any teen or young adult that may find themselves in an unhealthy relationship.
- Youth Support/Groups/Activities:
 - ✓ Scouts BSA: 1-800-394-9410: provides information on the nearest Scout troop that is open to both boys and girls.
 - ✓ Foster Club: <https://www.fosterclub.com>: website that provides peer support for foster children.
 - ✓ Girls On The Run: 985-647-5472: A groups that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.
 - ✓ Girl Scouts: 1-800-644-7571: call for information on where the nearest troop is.

- ✓ Hope Extreme: 873-3145: for children that live in east Houma to provide them with educational and fun opportunities after school.
- ✓ Let Me Run: 704-516-4364 or www.letmerun.org : an eight-week running program for pre-teen and teenage boys that is a character building program with running as an exercise component.
- ✓ Making Herstory Inc.: 227-8200 or 791-3979: provides encouragement, services, and support for female children/teens with low self-esteem, hurting from peer pressure, trying to fit in, poor hygiene, depression, anxiety, or suffering from poor academic performance.
- ✓ Office of Family & Youth Ministry: Diocese of Houma Thibodaux: 850-3175: provides collaborative opportunities for our young to build community through different programs offered.
- ✓ Young Marines/Explorer Scouts: both are programs of the local sheriff's office: provides youth with leadership opportunities and fun activities:
 1. Explorers: Lafourche: 532-4327 or <http://www.lpsa.net/kids> : is a group for children ages 14-21 who want to learn more about community service and/or explore a career in the Sheriff's Office. A free one week summer camp is also provided for any Lafourche Parish child age 11-13.
 2. Young Marines: Terrebonne: 873-6371: open to both boys and girls.
- ✓ Recreation Departments: offers various sports programs for youth and adults:
 1. Lafourche: 537-7603 or City of Thibodaux Recreation: 446-7235
 2. St. Mary: 631-2032
 3. Terrebonne: 873-6584
- Volunteer Opportunities:
 - ✓ Bridging the Bayous Timebank: <https://www.htdiocese.org/bridging-the-bayous-timebank> : a program of Catholic Charities that allows individuals who join to become a Timebank Member to earn Timebank Hours for every hour they volunteer to help someone else. Timebank Hours can then be used for another volunteer to help the Timebank Member with something they need to have done at their home or would like to learn to do.
 - ✓ CASA: all programs aim to ensure that abused/neglected children in the LA legal system have a competent and caring volunteer advocate to speak on their behalf. Volunteers work with all parties involved to find safe and permanent homes for children.
 1. Jefferson: 504-533-8757
 2. Lafourche: 446-6600
 3. St. Mary (Bayou CASA): 337-359-9016
 4. Terrebonne: 876-0250
 - ✓ Food Banks:
 1. Catholic Community Center (Galliano): 632-6859
 2. Good Samaritan Food Bank (Raceland): 537-7706
 3. Good Samaritan Food Bank (Thibodaux): 447-9776
 4. Hope Center (Galliano): 632-8938
 5. Terrebonne Churches United (Houma): 851-5523
 - ✓ Foster Grandparent Program: 876-0490 or <https://www.htdiocese.org/foster-grandparent-program>: Provides opportunities for low income persons, age 60+, to give supportive services to children in schools, Head Start programs, shelters, homes for abused women and children, etc. while also earning a monthly stipend that helps to increase their household income without affecting other government programs they may receive (such as food stamps/SNAP.)
 - ✓ Visions: www.visionsserviceadventures.com : VISIONS has summer community service programs for teens, and middle school students that blend ambitious volunteer [projects](#), cultural immersion and fun.

- ✓ VITA: Catholic Charities: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: volunteers help provide free income tax preparation for low – middle income families within the surrounding area of Terrebonne.

Christmas Toy Assistance:

- Salvation Army: 262-1871: Lafourche, St. Mary, and Terrebonne residents with children 12 years of age or younger can sign up during the month of October. Call for specific dates.
- Thibodaux Area Christmas Toy Drive: 446-0074: applications are taken in October for residents with children ages 13 and under who live within the City of Thibodaux limits, Chackbay/Kraemer, and up to the Lafourche Crossing and Schriever overpass. Call for specific dates.
- All other areas of the Houma - Thibodaux Diocese should contact their local church for guidance on toy drives specific to their area.

Computers, Computer Classes & Security:

- Capital Area Corporate Recycling Council: www.store.cacrc.com : they offer state surplus computers at a cheap price! They also offer special programs for low income families who can't otherwise afford computer equipment, as well as special deals for college students and K-12 students that do not own a computer at home. Get applications for these programs at www.cacrc.com
- Comcast Internet Essentials: 1-855-846-8376 or <http://www.internetessentials.com> : Internet for \$9.95 plus taxes is available to low income families that have at least one child on the free lunch program. Low cost computers are also available for purchase to low income families that qualify.
- Lafourche Public Library: www.lafourche.org or 447-4119
- St. Mary Parish Public Library: <http://stmarylibrary.org/amelia> or 1-985-631-2262
- Terrebonne Public Library: www.terrebonne.lib.la.us or 876-5861
- www.computersfortheblind.net : provides free voice computer for visually impaired people with directions on how to use it on audiocassettes.
- www.lockdownyourlogin.com : This site shows how to get stronger authentication (also known as two-factor or multi-factor authentication) for your electronic devices to add an extra layer of security beyond using a password to access your accounts. Most major e-mail, social media and financial platforms offer multi-factor authentication to their users, the devices just need to be enabled to use it.

Consumer Complaints/Protection:

- Better Business Bureau: www.bbb.org or 868-3456: offers consumers reports concerning a business or charity's statistics, ratings, reviews, or complaints.
- Check out charities before sending in your donations!
 - ✓ <http://www.charitynavigator.org>: this site evaluates 2 broad areas of a charity: their financial health and their accountability and transparency.
 - ✓ <http://www.guidestar.org/Home.aspx> : they collect and organize information about charities.
 - ✓ Search for qualified charities using the IRS Exempt Organizations' Select Check see if an organization is eligible to receive tax-deductible donations: <https://www.irs.gov/Charities-&-Non-Profits/Exempt-Organizations-Select-Check>
 - ✓ <http://www.give.org> : The Better Business Bureau also collects information on charities and their operations.
- Consumer Action: <http://www.consumer-action.org/publications> : provides many publications to assist consumers with product choice and protection.

- Consumer Products Safety Commission: 1-800-638-2772: Call for information you are looking for on product safety and recalls!
- Consumer Protection: 1-855-411-2372 or www.consumerfinance.gov/complaint : call to file a complaint about consumer financial products or services (mortgages, credit cards, student loans, bank accounts, credit reporting, auto loans, debt collection, payday loans, money transfers, and more).
- Consumer Protection Hotline: 1-800-351-4889: to avoid having a consumer problem or scam, call and ask if there are any complaints on a company's record.

Counseling:

- American Academy of Child & Adolescent Psychiatry: www.aacap.org : Assists parents and families in understanding developmental, behavioral, emotional, and mental disorders affecting children and adolescents.
- Bayou Oaks Health Services: 446-4114: offers counseling for people ages 5 and up.
- Compass Psychiatric Specialties: 223-0161: A community mental health center, they see people of all ages. Fees are charged to private insurance.
- Functional Family Therapy: START Corporation: 879-3966: offers family counseling for Medicaid eligible children, age 11-18, that may be experiencing a crisis not due to an acute psychotic episode or sex offender type charge.
- Emotions Anonymous: www.emotionsanonymous.org : a 12 step program that assists people in recovering from emotional difficulties.
- Magnolia Family Services: 449-4055: an outpatient mental health rehabilitation program to help individuals with severe mental health problems. They also accept children on Medicaid.
- Mental Health Centers: provide free counseling for individuals with severe mental health issues:
 - ✓ Jeff Care Community Health Center: 504-349-8708 (after hours crisis care: 504-832-5123)
 - ✓ South Central LA Human Services Authority (Lafourche Center): 537-6823
 - ✓ South Central LA Human Services Authority (St. Mary Clinic): 380-2460
 - ✓ South Central LA Human Services Authority (Terrebonne Behavioral Health): 857-3615
- NSU Psychology Training Center: 448-4362: provides free counseling through the use of graduate students in training that are supervised by their teacher who is a licensed counselor.
- Positive Potential Counseling: 873-7843: Individual and group counseling for children, adults, and families. Does not accept Medicaid.
- Teche Action Clinic: they see people on a sliding scale basis. All types of mental health issues can be addressed here. They have several locations:
 - ✓ Dulac: 868-3700
 - ✓ Galliano: 325-3607
 - ✓ Houma: 851-1717
 - ✓ Morgan City: 384-2371
 - ✓ Thibodaux: 446-7341
- The Touchstone Center: 446-6833 or www.touchstoneABA.com: they offer counseling to children.
- Warm Line: 1-800-730-8375: A free non-crisis phone service for any adult seeking help in dealing with some of life's stressful events. It is a way to talk through life's problems and find support in moving past them. Available from 5pm – 10pm 7 days a week.
- <http://www.mentalhealth.gov> : provides links for people/caregivers who are suffering with mental health issues.

Collectibles/Estate Items and Local Crafts:

- www.valuemystuff.com : professional and informed valuations and appraisals of your items in 39 different categories to help family members know what estate items may be worth.

Crime Services:

- LAVNS (Louisiana Automated Victim Notification System): 1-866-528-6748: provides the caller with offender status information, and will provide information on upcoming court events and hearings.
- Louisiana Crime Victims Reparations Program: 1-888-684-2846 or <http://www.lcle.state.la.us/programs/cvr.asp> : they assist victims of violent crimes with crime related expenses.
- Louisiana Department of Corrections - Crime Victims Services Bureau: 1-888-342-6110: offers the public or victim information on the housing location and projected release dates of the criminal, registration notice of inmates in state custody, sentencing, assignment to work release and escape. They also offer a assistance in stopping unsolicited communications from inmates, as well as a chance for the victim and the offender to come together to meet in dialogue so that the victim can resolve emotional issues.
- Louisiana Foundation Against Sexual Assault: 225-372-8995: www.lafasa.org : offers a 24 hour hotline and referral services to centers that can assist them with free counseling and resources.
- N.O.V.A. Victim Assistance Line: 1-800-879-6682: A national organization for victim assistance that serves as an advocate for victims of crime and gives direct assistance to them.

Dental:

- Care Credit: 1-800-677-0718 or www.carecredit.com : a credit card specifically designed to help you pay for healthcare services by offering low monthly payment plans with no interest applied if the full amount is paid within the time frame specified at the time of applying (6,12,18 or 24 month payback periods).
- Dental Lifeline Network: 1-888-471-6334 or <http://www.offthecusp.com/dental-lifeline-network> : Provides dental care for individuals who need significant dental care and who are either 65 or older, disabled, or are severely medically compromised.
- Louisiana Donated Dental Services: 1-800-946-6016: they can assist people who are disabled, elderly or medically at risk with finding a dentist whose services are free of charge.
- LSU Dental School: 504-619-8770: they can assist with just about any dental procedure. They also make dentures.
- Pediatric Dentist: Sapna Patel: 985-714-0983
- St. Charles Community Health Center: 985-785-5800: (843 Milling Avenue in Luling behind the St. Charles Parish Hospital). They can assist with a variety of dental procedures and charge on a sliding scale fee. Their mission is to help people access high quality care with emphasis on the underserved regardless of their ability to pay.
- START Corporation: 879-3966: They operate on a sliding scale basis. Proof of income is required.
- Teche Action Clinic: They operate on a sliding scale. Proof of income is required, if no income, a food stamp (SNAP) printout will be sufficient. They have several locations:
 - ✓ Dulac: 868-3700
 - ✓ Galliano: 325-3607
 - ✓ Houma: 851-1717
 - ✓ Morgan City: 384-2371
 - ✓ Thibodaux: 446-7341
- The Louisiana Dental Center: 537-1993 or 876-0448: they make dentures for a low cost.

- The United Healthcare Children’s Foundation: 1-800-328-5979 ext. 24459: offers support to meet the needs of children nationwide with assistance grants for medical services not fully covered by health insurance. Some examples of assistance that can be provided include speech therapy, physical therapy and psychotherapy sessions; medical equipment such as wheelchairs, braces, hearing aids and eyeglasses; orthodontia and dental treatments.
- www.freedentalcare.us : this site helps to find free dental clinics easily throughout the United States!

Disaster Assistance/Information:

- American Red Cross: assists in times of fire, flood, or other natural disasters
 - ✓ Lafourche, Terrebonne & St. Mary: 504-620-3105 or www.redcross.org : learn what you need to do to become prepared for a disaster!
- Catholic Charities Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: In cases of fire, Catholic Charities will pay for utility deposits if the fire report states that the home was a total loss and there was no insurance to cover the loss.
- Catholic Charities Disaster Relief/Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/disaster-services>: after a federally declared disaster, Catholic Charities will assist families with unmet needs they may have after their insurance company and/or FEMA assists them with repairs to their home.
- Contractors: check to see whether a contractor is licensed in Louisiana at the State Licensing Board for Contractors web site at <http://www.lslbc.louisiana.gov> or 1-225-765-2301
- Emergency Preparedness Offices (in each parish): they provide emergency alerts to their communities as well as coordinate the evacuation of the community in times of emergency.
 - ✓ Lafourche: 537-7603
 - ✓ St. Mary: 385-2600
 - ✓ Terrebonne: 873-6357
- FEMA: 1-800-621-FEMA (1-800-621-3362): assistance is provided through either a grant or a low interest loan for people who have experienced damage to their home during a federal declared disaster in their area.
 - ✓ <http://www.disasterassistance.gov> : online application for FEMA assistance
- National Response Center: Toxic Chemical and Oil Spills: 1-800-424-8802: report all chemical and oil spills!
- National Disaster Fraud Hotline: 1-866-720-5721: call to report any fraudulent activities that are happening in response to hurricane, oil spill, etc. assistance in the community.
- www.esri.com/services/disaster-response/severe-weather/latest-news-map : See real time tornado reports, wind storm reports, weather warnings, and precipitation.
- www.noaa.gov : provides current and up to date weather information.
- www.ready.gov : provides information on what you should have on hand to prepare for any type of disaster.

DNA Testing:

- DNA Paternity Testing Laboratory: 1-888-362-2368: they send a kit by mail to the home.

Domestic Violence:

- Chez Hope: 337-828-4200: They offer legal advocacy in the way of temporary restraining orders and court escorts, legal accompaniment, community education, parenting classes, counseling and shelter.

- Boys Town National Hotline: 1-800-448-3000: The [Boys Town National Hotline](#) is a free resource and counseling service that assists callers 24/7, 365 days a year, nationwide. Trained professional counselors provide emergency or direct assistance, or refer callers to community resources. The Hotline specializes in helping children and parents.
- Haven’s Domestic Violence Crisis Line: 1-888-411-1333: They offer legal advocacy in the way of temporary restraining orders and court escorts, legal accompaniment, community education, parenting classes, counseling and shelter.
- Lafourche Parish Sheriff’s Office Police Social Services: 449-4477.
- Louisiana Coalition Against Domestic Violence: 1-800-799-7233 or <http://lcadv.org/programs-resources/> : They provide a list of domestic violence shelters statewide.
- National Coalition Against Domestic Violence: www.ncadv.org : This site gives lots of information on what the abused person should take with them when they prepare to leave the home: birth certificates, social security cards, marriage license, leases or deeds in their name, checkbook, credit cards, bank and charge account statements, insurance policies, pay stubs or W-2’s, and any documentation of past abuse such as police reports, photographs or medical records.
- National Resource Center on Domestic Violence: 1-800-537-2238: They provide information to people who are in a non-crisis situation, needing information on domestic violence.
- National Teen Dating Abuse Hotline: 1-866-331-9474
- P.A.C.T. Place Supervised Visitation and Exchange Center: 532-4390: located in Lockport, families that have a history or potential for domestic violence, dating violence, child abuse, sexual assault, or stalking can use this location as a safe place for their children to visit with the non custodial parent. It is also a safe location to drop children off who would be visiting the non custodial parent for the weekend.
- Stalking Resource Center with the National Center for Victims of Crime: www.ncvc.org/src : 202-467-8700: can assist a victim in knowing how to protect themselves from a stalker.
 - ✓ Trapcall: www.trapcall.com: unmasked blocked calls to allow a person to know who is really calling them – provides the caller’s name and address. This service also allows a conversation to be recorded without the other person knowing.
 - ✓ <https://www.techsafety.org/resources>: creates resources to help victims and agencies respond effectively to the many ways that technology impacts victims of domestic and dating violence, sexual violence and stalking.
- www.ridgefieldrecovery.com/rehab-resources/domestic-violence-addiction: this website speaks about substance abuse that can often occur with domestic abuse.

Driver’s Education:

- www.TeenDriving.AAA.com : helps parents and teens understand the laws of driving, view practice driving test questions, view web based video’s that stress teen safety behind the wheel during nighttime driving, when teens get distracted, etc.
- Senior Safe Driving Course:
 - ✓ www.aarp.org/families/driver_safety/driver_safety_online_course.html : this course is for seniors and can be taken at home. If you pass the test, you can submit the certificate to your car insurance agency to get a discount on car insurance.
 - ✓ <http://www.amac.amersc.com> : this course is for seniors and can be taken at home. If you pass the test, you can submit the certificate to your car insurance agency to get a discount on car insurance.

Education (see educational websites at the end of this section):

- Art Education:

- ✓ Purple Penguin Art Company: 446-0700 or <http://www.purplepenguinartcompany.com>
: Art classes for all ages and skills levels.
- Health Education:
 - ✓ Ochsner St. Anne Community Outreach Department: 985-537-8350: offers free CPR and First Aid Classes to the community.
- Make study guides, flashcards and more: <https://quizlet.com>
- Preschool Head Start Classes:
 - ✓ Lafourche: 537-7603
 - ✓ St. Mary: 337-828-5703
 - ✓ Terrebonne: 580-7273
- Elementary, Middle, and High Schools in Diocese of Houma Thibodaux (Public, Private, & Virtual):
 - ✓ Acadian Elementary (Pre K-4): (985) 876-0612
 - ✓ Bayou Black Elementary (Pre K-6): (985) 872-2460
 - ✓ Bayou Blue Elementary (Pre K-1): 879-4378
 - ✓ Bayou Blue Upper Elementary (2-5): 985-446-5631
 - ✓ Bayou Blue Middle School (5-8): 851-1952
 - ✓ Bayou Boeuf Elementary (Pre K-5): (985) 633-2352
 - ✓ Bayou Community Academy Charter School (Pre K-8): 446-3011
 - ✓ Bayou Vista Elementary (Pre K-5): (985) 395-3758
 - ✓ Bourg Elementary (K-4): (985) 594-3663
 - ✓ Broadmoor Elementary (Pre K-6): (985) 879-1042
 - ✓ C.M. Washington Elementary (4-5): 446-8471
 - ✓ Caldwell Middle School (4-6): (985) 868-2565
 - ✓ Central Catholic School (Pre K-5): (985) 384-1933
 - ✓ Central Catholic School (6-12): (985)385-5372
 - ✓ Central Lafourche High (9-12): (985) 532-3319
 - ✓ Chackbay Elementary (Pre K-5): (985) 633-2348
 - ✓ Coteau-Bayou Blue Elementary (Pre K-6): (985) 868-4267
 - ✓ Covenant Christian Academy (K - 12): 985-851-7567
 - ✓ Cut Off Elementary (Pre K-5): (985) 632-3116
 - ✓ Dularge Elementary (Pre K-6): (985) 876-0176
 - ✓ East Street Alternative School: (985) 876-1093
 - ✓ East Thibodaux Middle School (6-8): 446-5616
 - ✓ E.D. White High School (8-12): 446-8486
 - ✓ Ellender Memorial High (9-12): (985) 868-7903
 - ✓ Elsie Fields Middle School (5-6): (985) 876-2041
 - ✓ Evergreen Junior High School (7-8): (985) 876-2606
 - ✓ Galliano Elementary (Pre K-5): (985) 632-7211
 - ✓ Gibson Elementary (Pre K-6): (985) 575-3260
 - ✓ Golden Meadow Lower Elementary (Pre K-2): (985) 475-7385
 - ✓ Golden Meadow Middle School (6-8): 475-7314
 - ✓ Golden Meadow Upper Elementary (3-5): (985) 475-7669
 - ✓ Grand Caillou Elementary (Pre K-4): (985) 879-3001
 - ✓ Grand Caillou Middle School (5-8): (985) 876-7172
 - ✓ Grand Isle School (Pre K-12): (985) 787-2577
 - ✓ H.L. Bourgeois High School (9-12): (985) 872-3277
 - ✓ Holy Rosary Elementary (Pre K-8): (985) 693-3342
 - ✓ Holy Savior Elementary (Pre K-8): (985) 532-2536
 - ✓ Honduras Elementary (Pre K-4): (985) 872-5695
 - ✓ Houma Christian School (Pre K-12): 851-7423
 - ✓ Houma Jr. High School (7-8): (985) 872-1511
 - ✓ J. B. Maitland Elementary (Pre K-5): (985) 384-4986

- ✓ J. S. Aucoin Elementary (Pre K-5): (985) 631-2464
- ✓ Lacache Middle School (5-8): (985) 594-3945
- ✓ Larose-Cut Off Middle (6-8): (985) 693-3273
- ✓ North Larose Elementary (Pre K-5): (985) 693-3445
- ✓ Larose-Cut Off Middle School (6-8): 693-3273
- ✓ Legion Park School (Pre K-6): (985) 876-2272
- ✓ Lisa Park Elementary (Pre K-6): (985) 876-1055
- ✓ Lockport Lower Elementary (Pre K-2): (985) 532-2846
- ✓ Lockport Middle School (6-8): 532-2597
- ✓ Lockport Upper Elementary (3-5): (985) 532-3223
- ✓ Connections Academy: 1-888-816-5730 or <https://connectionsacademy.com>: They offer a full time, high-quality, accredited tuition free public education for grades K-10th grade through the use of online access in the privacy of your own home.
- ✓ Louisiana Virtual Charter Academy: <http://lavca.k12.com> or 1-877-490-3596: a free online public school that provides everything (computer, books, etc.) a child needs to learn online in the privacy of their own home.
- ✓ Maria Immacolata Elementary (Pre K-7): 876-1631
- ✓ Maxine Giardina Charter School: 985-227-9500: For children suffering from dyslexia or any other language-related learning disability. Grades 1-8.
- ✓ M. E. Norman Elementary (Pre K-5): (985) 384-0877
- ✓ Messiah Montessori School (Pre K-12): 857-8808
- ✓ Montegut Elementary (Pre K-4): (985) 594-3657
- ✓ Montegut Middle School (5-8): (985) 594-5886
- ✓ Morgan City Junior High (6-8): (985) 384-5922
- ✓ Morgan City Senior High (9-12): (985) 384-1754
- ✓ Mulberry Elementary (Pre K-6): (985) 872-5328
- ✓ Oaklawn Junior High School (7-8): (985) 872-3904
- ✓ Oakshire Elementary (Pre K-6): (985) 876-1007
- ✓ P. A. T. H. Academy: (985) 870-4264: for children unable to adapt to a regular classroom environment
- ✓ Ponte-Aux-Chenes Elementary (Pre K-4): (985) 594-2131
- ✓ QHS Learning Academy: for home schooled children: (985) 346-6791
- ✓ Raceland Lower Elementary (Pre K-2): (985) 537-6837
- ✓ Raceland Middle School (6-8): 537-5140
- ✓ Raceland Upper Elementary (3-5): (985) 537-5142
- ✓ School For Exceptional Children (K-12): 985-872-2496
- ✓ Schriever Elementary (Pre K-3): (985) 868-1199
- ✓ Sixth Ward Middle School (6-8): (985) 633-2449
- ✓ South Larose Elementary (Pre K-5): (985) 693-7597
- ✓ Southdown Lower Elementary (Pre K-3): (985) 879-1629
- ✓ Southdown Upper Elementary (4-6): (985) 575-3261
- ✓ South Lafourche High (9-12): (985) 632-5721
- ✓ South Terrebonne High School (9-12): (985) 868-7850
- ✓ Stella Learning Center: 868-2671 (private school for children with autism and other learning disorders: from 2 years old to the end of high school.)
- ✓ St. Bernadette Elementary (Pre-K-7): 872-3854
- ✓ St. Charles Elementary (Pre K-5): (985) 446-6862
- ✓ St. Francis de Sales Elementary (Pre K-7): 868-6646
- ✓ St. Genevieve Elementary (K-7): 447-9291
- ✓ St. Gregory Elementary (Pre K-7): 876-2038
- ✓ St. Joseph Elementary (Pre K-7): 446-1346
- ✓ St. Mary's Nativity Elementary (Pre K-8): (985) 537-7544
- ✓ St. Matthew's Episcopal School (K-7): 872-5573

- ✓ Terrebonne Career & Technical High: (985) 851-1163
- ✓ Terrebonne High School (9-12): (985) 879-3377
- ✓ Thibodaux Elementary (Pre K-5): 446-6116
- ✓ Thibodaux High School (8-12): 447-4071
- ✓ Upper Little Caillou Elementary (Pre K-4): (985) 594-4071
- ✓ www.universityview.academy (K-12): (225) 421-2900
- ✓ Vanderbilt High School (8-12): 876-2551
- ✓ Village East Elementary School (K-6): (985) 868-4900
- ✓ Virtual Academy of Lafourche (K-12): (985) 446-2877
- ✓ W.S. Lafargue Elementary (2-3): 447-9292
- ✓ West Thibodaux Middle School (6-8): 446-6889
- ✓ Wyandotte Elementary (Pre K-5): (985) 384-0724
- Not sure what you want to do now that you have graduated from High School? Check out what jobs need the skills you have: <http://www.mynextmove.org/explore/ip>
- College:
 - ✓ College Books:
 1. Acadiana Works/Career Solutions: 337-828-0257: must live in St. Mary Parish.
 2. www.amazon.com: they offer you to rent or purchase textbooks
 3. www.bookbyte.com : Offers new and used textbooks for all subjects.
 4. <http://bookoutlet.com> : Although this is not a textbook site, it helps students to find that book of choice needed for English classes.
 5. www.ecampus.com : Students can sell their textbooks on the site.
 6. www.sellbackyourbook.com : type in your unwanted books ISBN number to get an offer. If satisfied with the offer, fill out a prepaid mailing label, mail the books, payment comes by check or as a credit to a PayPal account.
 7. www.textbookx.com : A site that allows students to buy and sell back textbooks from previous semesters.
 - Paying For College:
 - ✓ Bayou Educational Opportunity Center: <https://www.nicholls.edu/beoc> or 448-4363: provides assistance with completing federal financial aid applications. Through the FAFSA on the Web, EOC projects are able to transmit financial aid applications quickly. Additional funding tools and online searches are used to help clients fund their education.
 - ✓ Lafourche Community Action: assists low income Lafourche parish residents with up to \$500 towards higher educational expenses. Residents should apply at the following Lafourche Community Action locations:
 1. Galliano: 632-3989
 2. Mathews: 537-7603
 3. Thibodaux: 446-6731
 - ✓ Travelers Protective Association of America: 1-636-724-2227 : provides financial aid to children and adults who suffer deafness or hearing impairment and who need assistance in obtaining mechanical devices, medical or specialized treatment or specialized education as well as speech classes, note takers, interpreters, etc. and in other areas of need that are directly related to hearing impairment.
 - ✓ U.S. Department of Labor: Career One Stop: <http://careerinfonet.org/scholarshipsearch/ScholarshipCategory.asp?searchtype=category&nodeid=22> : lists over 7,000 scholarships and provides free online resources to help students and job seekers achieve career success.
 - ✓ <http://www.consumerfinance.gov/paying-for-college/> : explains in detail the different ways college tuition can be paid, how to compare financial aid offers and explains student loan repayment options.

- ✓ <https://www.salliemae.com/plan-for-college> : has information on scholarships, loans, credit cards, etc.
- ✓ <http://www.fastweb.com> : has information on scholarships across the nation.
- ✓ <http://www.finaid.org> : describes all of the different types of financial aid and explains how to apply for each.
- Selecting a college or university:
 - ✓ Bayou Educational Opportunity Center: <https://www.nicholls.edu/beoc> or 448-4363: assists clients with admission forms, scholarship information, class schedules, GED information, and general information about schools of interest to the client.
 - ✓ <http://www.ecampustours.com> : Take a computer tour of 1300 college campuses across the United States!
 - ✓ College Navigator: <http://nces.ed.gov/collegenavigator>
- Disabled Children:
 - ✓ Aspen Educational Group: 1-888-972-7736 or <http://aspeneeducation.crchealth.com> : innovative wilderness programs and residential schools for struggling youth such as those with AD/HD, ADD, Poor Academics, Chemical or Substance Abuse, Social or Family Difficulties, Emotional and Mental Health Issues, Low Self-Esteem, or Depression.
 - ✓ Bayouland Families Helping Families: 447-4461 or 1-800-331-5570: They assist parents of disabled children to understand the educational process and will assist you with understanding IEP meetings.
 - ✓ Developing an IEP: resources for parents: http://www.teach-nology.com/teachers/special_ed/iep : this site helps parents understand the IEP process.
 - ✓ Early Intervention Program: offers educational services for infants and toddlers with special needs and their families:
 1. Lafourche: 447-6550
 2. St. Mary: 337- 828-1767
 3. Terrebonne: 851-1550
 - ✓ Handwriting Skills: Center for Pediatric Therapy: 449-0944: www.therapyforped.com : they are physical therapists that can help with handwriting issues as well as issues needing speech and/or occupational therapy.
 - ✓ Learning Disabilities Association: www.ldanatl.org or the National Center for Learning Disabilities: www.nclld.org : learn what learning disabilities are and what a parent can do to assist their child and the school.
 - ✓ National Library Service for the Blind and Physically Handicapped: www.loc.gov/nls : a service of the Library of Congress, it provides a free lending library program of Braille and audio materials by postage free mail.
 - ✓ PACER Center (Parent Advocacy Coalition for Educational Rights): 888-248-0822 or www.pacer.org : click on national information and then your state for local resources. This site was developed by parents of children with disabilities to help other parents facing similar challenges.
 - ✓ Xavier Society For the Blind: xaviersocietyfortheblind.org: a library that provides spiritual and religious reading materials in the Catholic tradition in braille and audio to the blind and visually impaired.
 - ✓ <https://www.makebeliefscomix.com>: helps children learn how to write, bring out their emotions, learn to communicate with others, etc. by making their own comic strips!
 - ✓ www.computersfortheblind.net : they assist blind people in finding the help they need to gain an education, etc. Also provide free voice computers.
 - ✓ <http://www.blindtraining.com> : they assist blind people with various educational resources to help them learn how to operate a computer.
 - ✓ <http://www.pictoselector.eu> : free visual supports you can make for your child.

- Education for children of migrant workers: school supplies, uniforms, prenatal care and transportation are provided for children whose parents move from job to job in the fishing or sugar cane industries.
 - ✓ Lafourche/St. Mary/Terrebonne: 851-1553
- Foreign Languages:
 - ✓ www.openculture.com/freelanguagelessons : includes 31 different languages with podcasts and mp3 downloads available.
 - ✓ <https://www.duolingo.com> : an app and a website with a fun format for learning new languages. After choosing beginner level or taking a diagnostic, you are prompted through fun games and activities to learn the language you choose.
- GED or HiSET (High School Equivalency Test) Diploma:
 - ✓ Intertribal Council: 851-5408: assists Native Americans with GED/HiSET preparation
 - ✓ Job Corps: 1-800-733-5627: For people ages 18-24. They also provide free career training at sites around the United States – free tuition, dorms, and meals while learning.
 - ✓ Louisiana Youth Challenge Program: 1-800-226-7543: Provides a 5 month residential school in Minden, Carville & Pineville for 16-18 year old high school dropouts who are interested in working toward their HiSET Diploma (GED) and obtaining valuable life skills, discipline, and personal growth.
 - ✓ L.E. Fletcher Technical Community College – Thibodaux Campus (Work Ready You Lafourche Adult Education): 447-0924: helps adults obtain their HiSET Diploma (GED).
 - ✓ South Louisiana Technical Community College College Young Memorial Campus – Morgan City Campus (Morgan City Adult Education): 985-380-2957: helps adults obtain their HiSET Diploma (GED).
 - ✓ Project Learn La Terre: 860-4377: Teaches adults how to read if they never learned as well as teaches English as a second language for those that do not speak English.
 - ✓ Terrebonne Parish Bayou Cane Adult Education: 876-3180: helps adults obtain their HiSET Diploma (GED) and also provides English as a second language course.
 - ✓ YouthBuild: 985-226-1032: assists youth ages 16-24 with GED/HiSET testing, job readiness/post-secondary skills, job placement, and leadership training.
- Homeless Coordinators: if a child is homeless, the child has the right to continue his/her education at the school he/she was attending before becoming homeless. The homeless coordinator will insure that all arrangements (such as transportation to and from the new home, school supplies, school uniforms, etc.) are taken care of to ensure the continued education of the child.
 - ✓ Lafourche Parish: 985-532-2508
 - ✓ St. Mary: 384-1250
 - ✓ Terrebonne Parish: 851-1553
- Home Schooling:
 - ✓ E-Learning K-12: 447-5994 or www.elearningk12.com : provides an internet based learning curriculum for home-schooled students with locations in Houma and Thibodaux.
 - ✓ Connections Academy: 1-888-816-5730 or www.connectionsacademy.com : They offer a full time, high-quality, accredited tuition free public education for grades K-10th grade through online access in the privacy of your own home. All books and supplies are covered free of charge.
- Leadership Opportunities and Volunteerism:
 - ✓ Catholic Network Of Volunteer Service: <https://www.catholicvolunteernetwork.org> : they offer over 200 volunteer opportunities that offer a monthly stipend to help with living expenses while volunteering.
 - ✓ Serve Louisiana: 225-930-9949: Offers volunteer opportunities as well as a monthly living stipend to students that have finished high school and are looking for a way to pay

for college expenses, are currently in college but need money to pay for future tuition, or are just looking for a way to pay back student loans. Requires a one-year commitment.

- ✓ Global Volunteers: www.globalvolunteers.org : volunteer opportunities from all over the globe!
- ✓ Leadership Lafourche: 985-693-6700: Offers a training program for potential leaders in organizations within the parish.
- ✓ Leadership St. Mary: 337-828-5608 in Franklin or in Morgan City at (985) 384-3830: Offers a training program for potential leaders in organizations within the parish.
- ✓ Leadership Terrebonne: 876-5600: Offers a training program for potential leaders in organizations within the parish
- ✓ National Outdoor Leadership School: www.nols.edu : provides leadership education in a wilderness setting to those who seek to make a difference in their world.
- ✓ Outward Bound: www.outwardbound.org : activities help to encourage people to discover their inner strengths, and help them translate challenging life experiences into positive personal achievement.
- ✓ Peace Corps: 1-855-855-1961 ext. 1470: www.peacecorps.gov: Adults accepted as volunteers agree to spend at least two years assisting people in developing countries with basic needs for food, health care, shelter, education, and economic development. Volunteers receive a monthly allowance, health services, and vacation during their two year commitment.
- ✓ Service Civil International: <http://www.sciint.org/> : Each year more than 5,000 volunteers participate in 2 to 3 week work camps all over the world. Living and working together in an international group with people of various backgrounds and nationalities helps to break down barriers and prejudices between nations. You pay travel and we provide food, a place to stay, and the most amazing experience of your life.
- ✓ Visions: www.visionsserviceadventures.com : VISIONS has summer community service programs for teens, and middle school students that blend ambitious volunteer projects with cultural immersion and fun.
- ✓ Volunteers In Service to America: VISTA: 225-389-0471: volunteers get paid a monthly stipend, health insurance, and child care for those that need it as well as an end of the year educational award.
- ✓ YouthBuild: 985-226-1032: assists youth 16-24 years of age with leadership training.
- Literacy:
 - English as a Second Language:
 1. Bayou Cane Adult Education: 876-3180 or <http://bca-tpsd-la.schoolloop.com> : offers family literacy and ESL classes. They also assist with basic skills upgrading.
 2. Project Learn La Terre: 860-4377: Assists adults in Terrebonne Parish who want to learn to read. Also teaches English as a second language for immigrants.
 - Libraries:
 1. International Children's Digital Library: <http://en.childrenslibrary.org>
 2. Lafourche Public Library: www.lafourche.org or 447-4119
 3. St. Mary Parish Public Library: <http://stmarylibrary.org/amelia> or 1-985-631-2262
 4. Terrebonne Public Library: www.terrebonne.lib.la.us or 876-5861
 - ✓ Sylvan Learning Center: 223-3798: Offers remediation or acceleration programs, ACT programs, etc.
- School Uniforms:

- ✓ Faith Ministries International: 985-665-8476 or <http://faithministry.vpweb.com> : assistance is provided with school uniforms for children in schools in Lafourche, St. Mary and Terrebonne parishes.
- ✓ Many schools have swap shops within the school that are operated by volunteer parent groups. Call the school your child attends to see if they have one.
- Student Financial Aid:
 - ✓ Acadiana Works/Career Solutions: 337-828-0257: they provide tuition and books for university or technical college students that meet their guidelines. Must live in St. Mary Parish.
 - ✓ American Council On Education: www.finaid.org : comprehensive source of student financial aid.
 - ✓ Bayou Educational Opportunity Center: <https://www.nicholls.edu/beoc/services> or 448-4363: assists with the completion of FAFSA applications and other scholarship applications.
 - ✓ Cancer Survivor's Fund: <http://www.cancersurvivorsfund.org> : Provides college scholarships to young adults who are in remission or currently battling cancer.
 - ✓ Catholic Charities Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: Assistance is provided for students entering Vo-Tech school that are not eligible for any other type of financial aid and are taking a course that will begin and finish in less than 6 months.
 - ✓ Federal Student Aid Information Center: 1-800-433-3243: provides information for students needing assistance with college expenses.
 - ✓ Free Application for Financial Student Aid: www.fafsa.ed.gov : learn how to get federal government aid for college here!
 - ✓ www.independent529plan.org : colleges all across the nation offer prepaid tuition plans at this site.
 - ✓ Job Corps: 1-800-733-5627: Free tuition, dorm, and meals for people ages 18-24 while learning a trade.
 - ✓ Louisiana Rehabilitation Services: they assist the disabled with tuition, books, and/or other aids necessary to help them learn the skills necessary to gain employment.
 1. Lafourche/Terrebonne: 857-3652
 2. St. Mary: 1-800-520-0587 or 337-262-5353
 - ✓ Foster Care To Success: 1-571-203-0270 or www.fc2success.org: assists children coming out of foster care with financial assistance for college expenses.
 - ✓ START Savings Program: www.startsaving.la.gov or 1-800-259-5626 ext 1012: State of Louisiana's 529 college plan that offers matching funds for certain income levels to help parents save for their children's college expenses.
 - ✓ The SAMFund: for young adult survivors of cancer: www.thesamfund.org : Assists cancer survivors ages 17-35 with their transition into post-treatment life. This program distributes grants and scholarships in an effort to enable survivors to pursue their educational or professional goals.
 - ✓ TOPS: (Louisiana Student Financial Assistance): 1-800-259-5626 ext 1012: offers college scholarships for students in Louisiana who have taken the college bound curriculum in high school.
 - ✓ LA Workforce Commission Career Solutions/Work Connection: They help to pay for tuition and book costs associated certain vocational technical school classes and limited college level courses.
 1. Lafourche: 446-3016
 2. St. Mary: 985-354-6200
 3. Terrebonne: 876-8990
- Tutoring for Children:

- ✓ Homework Louisiana: www.tutor.com : available through the Lafourche Public Library: www.lafourche.org or 447-4119: offers a online service that provides one on one homework, studying, test preparation assistance in grades K-12 in math, science, social studies and English. The service can be used at the library or through your home computer by using your library card.
- ✓ Houma’s Best Afterschool Program: 262-3321 or www.houmaafterschoolprogram.com : They are open to 8pm each school day, offering tutoring, arts/crafts, karate lessons, and character development.
- ✓ Hope Extreme: 873-3145 (only available to children that live in East Houma)
- ✓ The Learning Center of Houma: 985-772-4756: Their mission is to educate the community on the characteristics of dyslexia and to provide tutoring that will enable students to overcome their academic struggles.
- ✓ Nicholls State University (Tutoring in Reading): 448-4317
- ✓ Stella Learning Center: <http://stellalc.com> or 868-2671: offers tutoring for children with Autism and other learning disorders.
- ✓ Sylvan Learning Center: 223-3798: Individual tutoring for pre-k up to college age.
- ✓ The Core: 985-262-8165: Tutoring is offered for all grade levels. Located in Houma.
- ✓ The Touchstone Center: 446-6833 or www.touchstoneABA.com: They offer one-on-one or group academic tutoring for pupils who need additional support to be successful in school.
- ✓ <http://www.kidinfo.com> : provides the best preschool, K-12 educational websites, videos and power points.
- ✓ <http://www.khanacademy.org/> : Learn and practice almost anything from math to science FREE!
- Vocational Technical Community Colleges:
 - ✓ Fletcher Technical Community College – Thibodaux Campus: 447-0924
 - ✓ Fletcher Technical Community College: 857-3655
 - ✓ South Louisiana Community College Young Memorial Campus – Morgan City Campus: 380-2436
- Websites:
 - ✓ www.twistynoodle.com : thousands of free coloring pages and practice writing worksheets.
 - ✓ www.amathsdictionaryforkids.com/dictionary.html : a math dictionary for kids that illustrates the meanings of math vocabulary words.
 - ✓ www.tagxedo.com : Create word clouds using customized shapes; great for visual vocabulary building

Elections and Politics:

- Online voting registration or to change your address for voting purposes for the state of Louisiana:
 - <http://www.sos.la.gov/ElectionsAndVoting/Pages/OnlineVoterRegistration.aspx?Referrer=http%3a%2f%2flouisianademocrats.org%2fregister-to-vote%2f>
- www.aarp.org/vote: find stories and issue briefs on election topics in each state.
- <https://www.politics1.com>: gives descriptions of all candidates running for state wide offices as well as what positions they hold on various topics.
- www.cagw.org : tracks government spending and flags abuses identified by watchdog group Citizens Against Government Waste.
- www.congress.org : stay current on how local politicians voted and what key votes are coming up. It also offers ready-made forms to e-mail them of your opinion.
- www.consumerfed.org : connects with local groups that are working on issues important to your area.

- <http://www.parlouisiana.com> : assists the citizens of Louisiana with understanding the pros and cons of proposed constitutional amendments and other workings of the Louisiana government at all levels of function.
- <http://www.sos.la.gov/ElectionsAndVoting/Pages/default.aspx> : This page is a clearinghouse for all elections-related information, from elections and voter registration information to statistics and educational materials.

Elderly Resources:

- 24 Hour Registered Nurse Helpline: 1-855-546-3733: Discuss your unique situation to determine your care options and the most appropriate types of services 24 hours a day, 7 days a week.
- AARP: 1-888-687-2277 or www.aarp.org : informs members of issues important to this age group, advocates on legislative/consumer/legal issues, and offers a wide range of special products and services to its members.
- Adult Protective Services: 1-800-898-4910 (ages 18-59): This state program assists adults, age 18 and over, who because of a mental or physical impairment, can no longer provide for their basic needs for food, clothing, shelter, or medical care. The program assists adults through either voluntary or legal intervention. Services can include home visits, counseling, financial management, cleaning, ensuring provision of home care, finding alternative living arrangements, or applying for guardianship for persons who have no one to assist them.
- American Recall Center: <http://www.recallcenter.com>: sign up for alerts for medication and medical device recalls.
- Apartments based on income:
 - ✓ Bayou Bend Apartments: 876-4876
 - ✓ Bayou Towers: 876-4755
 - ✓ Cedar Grove Apartments: 872-3523
 - ✓ Elizabeth Square Apartments: 537-7070
 - ✓ Green Oaks Apartments: 447-5422
 - ✓ Housing Authority of Lafourche Parish: 537-5289
 - ✓ Housing Authority of Morgan City: 384-5118
 - ✓ Housing Authority of Thibodaux: 447-2904
 - ✓ Lockport Elderly Housing: 532-8138
 - ✓ Start Corporation: 879-3966: (for people with mental/physical disabilities only)
 - ✓ Waverly Plantation Apartments: 446-2705
 - ✓ Willow Wood Manor Apartments: 447-8710
- Are You Ok? Lafourche Parish Sheriff's Office Program: 449-4477: "Are you ok?" is a telephone reassurance program for older adults or adults with disabilities who live alone or are at risk of sudden illness, falls, accidents, and social isolation. Telephone calls are made to registered participants on a daily basis and if no one answers the phone, calls are made to relatives asking them to check up on the registered person to make sure they are ok.
- Assisted Living Centers:
 - ✓ Maison Jardin: 985-385-3003 (Morgan City)
 - ✓ St. Joseph Manor: 446-9050 (Thibodaux)
 - ✓ Sugar Mill Point: 868-8400 (for Alzheimer's Patients - Houma)
 - ✓ Terrebonne Place: 580-0620 (Houma)
 - ✓ The Claiborne: 985-387-8088 (Also includes a wing for Alzheimer's Patients – short term stays while recuperating from surgery are also available - Thibodaux)
 - ✓ The Homestead: 223-4663 (Houma)
- Association of Mature American Citizens (AMAC): 1-888-262-2006 or <http://amac.us>: informs members of issues important to this age group, advocates on legislative/consumer/legal issues, and offers a wide range of special products and services to its members.
- Caregivers Support:

- ✓ Alzheimer's Association: Southwest LA Chapter: 1-800-548-1211: provides information for patients and caregivers.
- ✓ Caregiver Action Network: 1-202-454-3970 or www.thefamilycaregiver.org: Educates supports, empowers and speaks up for the more than 65 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.
- ✓ Cancer Survivor's Network: <http://csn.cancer.org>: an online community that connects survivors, caregivers and other touched by cancer
- ✓ Family Caregivers Alliance: www.caregiver.org or 415-434-3388: Fantastic site, full of information needed for people who are caring for a loved one.
- ✓ Living Assistance/Caregiver Services: A doctor's referral is not needed for any of the services listed below:
 1. Bayou Medical Staffing: 449-0711: Assistance with home related activities such as bathing, dressing, housecleaning, laundry, medication monitoring, grocery shopping, etc.
 2. Gulf Coast Home Care: 1-800-947-7645 or 851-4488: assists in Lafourche, St. Mary and Terrebonne by going to the family's house to cook, clean, bathe, etc. Their charges are flexible depending on the needs of the individual.
 3. Home Instead Senior Care: 868-0038: assists in Lafourche, St. Mary and Terrebonne. Employees will come to your home to do a large array of services so that you have the care you need to stay at home instead of moving into a nursing home.
 4. KSI Companion Care: 985-655-4444: provides non-medical home care throughout the Diocese that allows people to get the care they need while living at home.
- ✓ Share The Care: How to Organize A Group To Care For Someone Who Is Seriously Ill by Cappy Capossela and Sheila Warnock: A book that can be purchased through any bookstore that can help caregivers find family/friends to volunteer their time so that the caregiver doesn't get worn out.
- ✓ Well Spouse Association: 1- 800-838-0879: An international membership organization, which provides supports for the millions of wives, husbands and partners of the chronically ill and/or disabled.
- ✓ [Caregiver's Guide to Understanding Dementia Behaviors](#)
- ✓ [The Benefits of Cooking with Alzheimer's: A Caregiver's Guide](#)
- ✓ [Preparing Your Home for a Loved One with Alzheimer's: A Caregiver's Guide](#)
- ✓ <https://www.aplaceformom.com/blog/1-22-2014-quiet-epidemic-senior-drug-abuse>
- ✓ <http://www.consumerfinance.gov/older-americans>: click to learn how to prevent elder financial exploitation and to view easy-to-understand booklets to help financial caregivers for older Americans.
- ✓ <https://www.inmyarea.com/resources/internet/9-essential-mobile-device-apps-senior-citizens>
- ✓ <https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors>
- ✓ <https://www.angieslist.com/articles/home-modifications-increase-senior-safety.htm>
- ✓ <https://www.bayalarmmedical.com/medical-alert-blog/6-powerful-ways-help-seniors-avoid-isolation>
- ✓ <https://www.homeadvisor.com/r/building-the-ultimate-reading-nook-for-your-home>
- Computer for seniors: a very simple computer seniors with limited computer experience or impaired mental function can operate:
http://www.telikin.com/?utm_source=SEM&utm_medium=cpc&utm_term=NOTERM&utm_campaign=SEMSenior
- Community Long Term Care Waiver Program: 1-877-456-1146: The Community Choice Waiver is designed for residents of Louisiana aged 65 and over and for physically disabled individuals

- between the ages of 21 and 64. Waiver participants must require the level of care provided in a nursing home, but choose to receive that care outside of a nursing home environment.
- Councils On Aging: Sites offer a place for our elderly to go to support each other, and receive free meals, free legal aid, utility assistance, job placement, transportation assistance, and referral services:
 - ✓ Grand Isle site: Grand Isle Senior Center: 985-787-2685
 - ✓ Lafourche sites: Main Office (Raceland): 532-0457
 1. Bayou Blue (Andrew Johnson Center): 876-1346
 2. Chackbay/Kraemer (Wilbert Tauzin Center): 633-9823
 3. Cut Off Senior Center: 632-2171
 4. Gheens Senior Center: 691-7300
 5. Golden Meadow Center: 475-7701
 6. Larose Senior Center: 693-4266
 7. Lockport (V.H. Boudreaux) Center: 532-5930
 8. Raceland Senior Center: 537-3914
 9. Thibodaux Senior Center: 447-7146
 - ✓ Terrebonne sites: Main Office (Houma): 868-8411
 1. Bayou Towers Center: 879-4333
 2. Chauvin Center: 594-6741
 3. East Park Center: 876-3407 (lunch site for registered seniors)
 4. Montegut Center: 594-3337
 5. Schriever Center: 493-9911
 6. Shady Acres Center: 879-4071
 - ✓ St. Mary sites:
 1. Main Office: 337-828-1210
 2. Morgan City Center: 384-3324
 3. Patterson Center: 395-4800
 - Day Care:
 - ✓ ChezElma Adult Health Day Care: 985-601-3157: Located in Houma, they offer day assistance between 7am – 4pm. Two meals are served. Transportation is available to the center and back to the client’s home if needed. Medicaid and private pay accepted.
 - Elderly Protective Services: (ages 60 and over): 1-800-898-4910: Call to report elderly abuse or if an elderly person is being mistreated in a nursing home or other facility.
 - End of Life Care:
 - ✓ Advanced Directives:
 1. Five Wishes: <http://www.agingwithdignity.org/family-individual.php> : Easy to read living will (advanced directive) that can be filled out to express your view of the type of care you would like to receive at the end of life. The living will booklet can be ordered by mail or can be made instantly online: <https://fivewishesonline.agingwithdignity.org/> Five wishes is a legally accepted document in the state of Louisiana.
 2. <http://www.mydirectives.com> : Make your medical treatment wishes known and have your emergency information available whenever and wherever you need it with this online resource.
 - ✓ Everplans: <https://www.everplans.com> : information on all aspects of different life stages is given to make end-of-life planning easier by transforming it into small steps.
 - ✓ Louisiana Physician Orders for Scope of Treatment (LaPost): <http://lhcf.org/lapost-home> : The mission of the Louisiana Physician Orders for Scope of Treatment (LaPOST) is to improve end-of-life care in Louisiana by honouring the health care wishes and goals of care of those with serious advanced illnesses. A written guide that details the type of care wanted at end of life can be downloaded.

- Foster Grandparent Program Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/foster-grandparent-program>: Provides opportunities for low income persons, age 60+, to give supportive services to children in schools, Head Start programs, shelters, homes for abused women and children, etc. while also earning a monthly stipend that helps to increase their household income without affecting other government programs they may receive (such as food stamps/SNAP.)
- Grandparents Raising Grandchildren Information Center of Louisiana: www.lagrg.org: this site helps to explain the rights grandparents have as custodians to their grandchildren.
- Louisiana Answers: 868-8411 or www.louisianaanswers.com : This website helps seniors navigate through many programs available in their parish or in the state of Louisiana that can assist them with various needs.
- Partnership For Prescription Assistance For Louisiana: Is a program that connects qualified low-income seniors with discount prescription drugs, direct from the manufacturer.
 - ✓ Jefferson: 1-800-223-5872
 - ✓ Lafourche & Terrebonne: 1-800-353-3265
 - ✓ St. Mary: 1-800-738-2256
- Medical Alert Systems:
 - ✓ Acadia On Call: 1-800-259-1234: they offer a necklace that a homebound or elderly person can wear enabling that person to press a button when emergency personnel need to be summoned to their home when they can't reach the phone to make the call to 911. To get a discount on the monthly fee that is charged for the service, contact your local Council on Aging Office before enrolling with Acadia on Call.
- Medicare Appeals and Complaint Line: KePro: 1-844-430-9504 or <http://www.keprogio.com/default.aspx> : call for a free case review if an individual is concerned about the medical care received! Calls can also be made ahead of time if the individual feels they are not ready to be discharged from a hospital or home health agency, whether a particular health care service should be ended, or whether they should be transferred from the emergency department to another hospital unit or home.
- www.cms.hhs.gov : website for Centers for Medicare & Medicaid Services. Got questions? They have answers!
- Medicare Rights Center Consumer Hotline: 1-800-333-4114 or www.medicareinteractive.com : Provides counseling to individuals who need answers to Medicare-related questions, help getting care, and/or assistance with problems from medical providers/hospital billing departments as well as taking calls for Medicare Fraud. Hotline counselors are available Monday through Friday, 9AM - 6PM.
- Medicare Premium Payments: Low income individuals or couples may be eligible to receive assistance in paying their Medicare monthly premium through the state Medicaid office:
 - ✓ Grand Isle, Lafourche, Terrebonne & St. Mary Parishes: 1-877-252-2447 or by applying online at www.socialsecurity.gov/extrahelp
- Medicare tests and services: click to see if the test or service is covered by Medicare, as well as to sign up for Medicare plans or file an appeal: <https://www.medicare.gov/>
- Medicare coverage questions answered: www.medicareinteractive.org
 - ✓ For Medicare inquiries from Spanish speakers: National Hispanic Council On Aging: 1-202-347-9733 or www.nhcoa.org
 - ✓ Senior Health Insurance Information Program (SHIIP): 1-800-259-5301: counselors are available to help you understand the paperwork and statements you receive after a doctor/hospital stay; they can help with filing claims or appeals if payment for a service has been denied by Medicare; they can explain your options for private insurance if Medicare does not cover all of your costs; and/or they can review long-term care insurance policies and offer tools to help you decide if it is the right choice for you.
- Medicare website to let you view what type of Medicare plan you have, to view your claims, check on your deductibles, etc: <http://www.mymedicare.gov>

- Medicare HMO Appeals Hotline: 888-466-9050: available Monday through Thursday, 12 noon to 2 p.m., EST.
- Music from the past: www.pastperfect.com : has an extensive collection of recorded music from the 1920s-1940s. It also sells preloaded flash drives and MP3 players as well as a preloaded iPod with more than 70 hours' worth of the most popular music of those years. Perfect for the elderly who may be sick or homebound!
- Nursing Home/Adult Day Care/Hospital Complaints:
 - ✓ Department of Health and Hospitals: Health Standards Section investigates complaints against health care providers. Health Standards does not investigate complaints involving billing, reimbursement or care provided in a setting not licensed by the Department of Health and Hospitals. To report a complaint for:
 1. Adult Day Care: 1-877-343-5179
 2. Intermediate Care Facility for Developmentally Disabled: 1-877-343-5179
 3. Home Health: 1-800-327-3419
 4. Hospital Facilities: 1-866-280-7737
 5. Nursing Home: 1-888-810-1819
 6. Support Coordination (Case Management): 1-800-660-0488
 7. Home & Community Based Service Provider (HCBS): 1-800-660-0488
- Roadscholar (formally Elderhostel): 1-800-454-5768: www.roadscholar.org : Discover nearly 8,000 educational tours in all 50 states and more than 90 countries with Road Scholar, the not-for-profit leader in educational travel since 1975. Alongside local and renowned experts, experience in-depth and behind-the-scenes learning opportunities, from cultural tours and study cruises to walking, biking and more.
- Safe Driving Course:
 - ✓ www.aarp.org/families/driver_safety/driver_safety_online_course.html : this course can be taken at home and if passed, submitted to the car insurance agency to get a discount on car insurance.
 - ✓ <http://www.amac.amersc.com> : this course can be taken at home and if passed, submitted to the car insurance agency to get a discount on car insurance.
- Scam Alerts: keep safe by checking this site to view the scams occurring within the state of Louisiana:
<https://action.aarp.org/site/SPageNavigator/FraudMap.html?sessionId=65950AA2A518D216022EC5872D023C44.app263b>
- www.SeniorDiscounts.com : look to see what local businesses offer discounts to seniors!
- Senior Net: www.seniornet.org : Need help in learning how to use a computer or the internet? This organization specializes in computer and internet education for seniors!
- Senior Olympics: 985-783-5090 (Bayou River Region which is our area): physically active seniors compete against one another in various sports events.
- Senior Pass: America The Beautiful Senior Pass: 1-888-275-8747 or <http://store.usgs.gov/pass/senior.html> : this is a lifetime entrance permit for individuals 62 or older to national parks, monuments, historic sites, recreation areas, and national wildlife refuges which charge entrance fees. The Senior Pass admits the permit holder and up to 4 adults (age 16 and over).
- Social Security Extra Help: 1-800-772-1213 or www.socialsecurity.gov/extrahelp : to apply for extra help with Medicare's Prescription Drug Costs and payment of Medicare Premiums.
- St. Mary Outreach: 385-0525: offers diapers, medical and nutritional drinks when needed.
- Travel Helpers: 1-479-420-5184 or www.gotravelhelpers.com : They assist elderly or sickly patients with travel to and from destinations of their choice by accompanying the traveler on the trip. They also assist with all of the travel arrangements necessary to get the person to and from their destination.

- Twilight Wish Foundation: 1-877-893-9474: helps to grant the wishes of senior citizens from something as simple as a new pair of eyeglasses to something as elaborate as a travel destination.
- YMCA Senior Citizens Programs: 873-9622
- Looking for something interesting to do at home? Go to www.somethingtoremembermeby.org for some great ideas on how to record your memories for your children and grandchildren.
- 50's Plus Club: 876-4270: Bayou Black Recreation Center: fun place to socialize with other senior citizens; they meet once a month.
- <http://assistedlivingtoday.com/p/resources/ultimate-guide-to-senior-finance>
- <https://www.redfin.com/blog/seniors-guide-to-downsizing>
- www.elderlawanswers.com : provides state by state legal information on Medicare, Medicaid, and other topics of interest to the elderly.
- [Six Things Seniors Can Do To Improve Memory](#)
- [10 Easy Ways Seniors Can Boost Their Mental Health and Well-Being](#)
- <https://www.aplaceformom.com/blog/1-22-2014-quiet-epidemic-senior-drug-abuse>
- <https://homeadvisor.com/r/moving-in-aging-or-disabled-parent>
- www.unclaimed.org or <http://www.lidi.state.la.us/consumers/insurance-type/life-annuities/life-insurance-policy-search> or <https://www.usa.gov/unclaimed-money#item-37222> or www.naic.org or www.insurance.va.gov/unclaimedfunds or www.pbgc.gov/search-unclaimed-pensions: helps executors find pensions, 401(k)s, IRA's, life insurance policies, etc. for family members that have passed away that did not put their financial matters in writing for the executor to access.

Employment/Employment Benefits Assistance:

- Civil Service:
 - ✓ www.civilservice.la.gov : lists job openings for civil service positions in Louisiana.
- Domestic Placement Network: <http://dpnonline.com/employers/articles/job-descriptions-and-functions-estate-manager> : Estate Management Positions
- Career Solutions: assist with resume writing and career assessments as well as provide information on available job openings.
 - ✓ Lafourche: 446-3016
 - ✓ Morgan City: 985-354-6200
 - ✓ Terrebonne: 876-8990
- Catholic Charities Diocese of Houma Thibodaux: Project Self Help: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: For low income workers, the program provides licenses, uniforms, work equipment, etc needed to be able to accept a job position.
- College Central: www.collegecentral.com/nicholls : devoted to job searches for Nicholls students or alumni. Click on register, enter school name and continue with all demographic information. Employers will search your resume. Students or alumni may upload a resume and all a focused search for all jobs posted.
- Employment websites: Looking for employment?
 - ✓ Exploring what career is good for you?
 1. www.onetonline.org : has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more!
 - ✓ Work at home:
 1. Airbnb: <https://www.airbnb.com>: If you have a spare bedroom or a vacation home, or are just going to be away from your home for a short time, you can sign up to host guests through this website. You set your own rates!

2. DogVacay: <https://dogvacay.com>: Are you a dog lover? Dog sit while the owners of the dogs are away from home!
 3. Fiverr: <https://www.fiverr.com>: Sell your creative or professional services to others across the country!
 4. www.flexjobs.com : find a job where you can work at home!
 5. Turo: <https://turo.com>: Sign up to rent your car out!
 6. Uber: <https://www.uber.com>: Become a driver and drive others in need of a ride with your personal car. You have the flexibility to work when you want.
- ✓ Work in Local Community:
 1. www.allretailjobs.com : offers job listings in retail establishments
 2. <https://www.higheredjobs.com>: find employment in the college/school systems!
 3. www.indeed.com : good listing of local job openings!
 4. <http://www.job.com> : find jobs in your area
 5. <https://www.louisianaworks.net/hire/vosnet/Default.aspx>: access job listings across the state!
 6. www.louisianajobconnection.com : businesses and job seekers can use this site to post or seek job openings as they become available.
 7. www.retirementjobs.com : job listings for people over the age of 50.
 8. www.rigzone.com : current job listings of any type of oil field related job can be found on this site!
 9. www.snagajob.com : type in your zip code to find up to date local listings!
 - ✓ Work Elsewhere:
 1. www.caretaker.org : looking for house sitting or property caretaking jobs?
 2. www.workingcouples.com : looking for jobs that will provide free rent?
 - ✓ Government Employment:
 1. <http://www.lafourchegov.org/interact/i-want-to/apply-for-a>: job listings in Lafourche Parish Government.
 2. <https://www.louisiana.gov/jobs>: find job openings positions in Louisiana Government.
 3. <http://www.stmaryparishla.gov/departments/Personnel-Department> : job listings in the St. Mary Parish Government.
 4. http://www.tpcg.org/index.php?f=human_resources&p=hr_vacancies : job listings in the Terrebonne Parish Government.
 5. http://www.postalexam473.com/?utm_source=search&utm_medium=b&utm_term=government%20jobs&utm_content=21211623789&utm_campaign=googles : post office employment
 6. <http://www.usa.gov> : United States Government employment.
 - ✓ Senior Employment:
 1. Jefferson Parish: 504-888-5880: Jefferson Council On Aging assists seniors age 55 or over in locating employment in Jefferson Parish (For Grand Isle residents).
 2. Lafourche Parish: 1-225-562-2372: The St. James Council On Aging assists seniors age 55 or over in locating employment in Lafourche Parish.
 - ✓ Temp Services:
 1. Lofton Staffing Services: 985-868-6483
 2. Advantage Staffing: 985-851-4003
 3. Associated Staffing Consultants: 985-580-2005
 - TWIC Cards: 309 Goode Street, Houma: Needed in order to work in any oil field related employment, a TWIC card is a common identification credential for all personnel requiring unescorted access to secure areas of **MTSA**-regulated facilities and vessels, and all mariners holding Coast Guard-issued credentials.

- ✓ Catholic Charities: 876-0490: will assist with the payment of the card if the individual has been on Food Stamps locally for the past 6 months or more, an original birth certificate and State ID that is not expired.
- United States Department of Labor Employee Benefits Security Administration: 1-866-444-3272 or www.askebsa.dol.gov: protects workers' access to the retirement, health and other benefits they've earned.
- Workman's Compensation Office: 857-3775: assists individuals from Lafourche, St. Mary and Terrebonne with information on their rights in regards to workman's compensation issues.
- YouthBuild: 226-1032: assists youth 16-24 years of age with job placement, job readiness and post-secondary skills.

Federal Government Programs Information:

- Call 1-800-FED-INFO (1-800-333-4636): for information on any type of federal program, you need to know about.

Fire Assistance:

- American Red Cross: Services provided are only available to families that do not have insurance coverage. Assistance given depends upon the severity of the damage but may include: cleaning supplies, food/clothing/furniture vouchers, 3 night's emergency shelter, and/or first month's rent/rent deposit. Referral letters are also given for other social services agencies and thrift stores that could provide additional assistance.
 - ✓ Lafourche/St. Mary/Terrebonne: 447-3229
- Catholic Charities Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: Assists with utility costs in a new location if the family experienced a total loss of their home due to fire. Family must not have had insurance coverage.
- www.modestneeds.com : several grant funds are available for low income families to apply for to help out with basic needs or items needed for employment.

First Time Home Buyers/Mortgage Assistance/Preventing Foreclosure:

- www.makinghomeaffordable.gov: HUD approved housing counselors can assist in helping to avoid foreclosure of your home.
- https://www.hud.gov/topics/avoiding_foreclosure
- https://www.hud.gov/topics/avoiding_foreclosure/foreclosuret看ps
- Catholic Housing Program Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/catholic-housing-services>: The program provides assistance for middle & low-income people who wish to become homeowners. Provides pre-purchase & post-purchase counseling for home buyers, basic home maintenance skills, assistance in getting best terms for mortgage.
- Homeowners Hope Hotline: 1-888-995-4673: If you can no longer afford to pay your mortgage note for whatever reason and the answer to the next 5 questions is all "YES", then you may qualify to get assistance in modifying your loan.
 - ✓ Is your home your primary residence?
 - ✓ Is the amount you owe on your first mortgage equal to or less than \$729,750?
 - ✓ Are you having trouble paying your mortgage? (Your mortgage payment increased, you had a reduction of income, or suffered a hardship such as death of spouse, medical bills, divorce, etc.)
 - ✓ Did you get your current mortgage before January 1, 2009?
 - ✓ Is your payment on your first mortgage more than 31% of your gross income? (Include principal, interest, taxes, insurance, and any homeowner's fees on the property.)

- Housing and Urban Development (HUD): 504-671-3000: Provides services to individuals who need help purchasing or trying to find a home. Programs include down payment assistance and homebuyer education, predatory lending assistance, and a listing of HUD Homes for sale.
- Money Management International: 1-866-889-9347: They assist with foreclosure and reverse mortgage assistance. All services are provided FREE of charge to the client.
- Mortgage Hope Crisis Hotline: 1-888-388-4673 or www.operationhope.org : provides intensive mortgage counseling, loss and mitigation guidance, mortgage payment deferment assistance, mortgage loan refinance and/or real estate sale services. All services are provided FREE of charge to the client.
- Southeast Louisiana Legal Services: 851-5687: They can assist with foreclosure prevention and defense as well as with mortgage modifications. (Family income must be below 200% of poverty to qualify for their services).
 - ✓ START Community Health Center: 879-3966: In partnership with Southeast Louisiana Legal Services, patients at START Community Health Center can also seek legal assistance with foreclosure prevention.
- Terrebonne Parish Consolidated Government: 873-6591: They assist eligible very low income families with down payment assistance and closing costs when purchasing a new home.

Fisherman:

- USDA Trade Adjustment Assistance for Farmers (including Fisherman): www.taafarmers.org or 1-202-720-0638: assists farmers and fisherman who have been harmed financially because of decreased revenue due to imports.

Food:

- Church Pantries:
 - ✓ Many Catholic Churches provide food assistance to people that live in their boundaries
 - ✓ For a list of food pantries in Non Catholic Churches: www.whyhunger.org: type in your zip code to find the listing!
- Commodities: Provides USDA staples to eligible households on a quarterly basis. A new application must be submitted every year.
 - ✓ Jefferson Parish (Grand Isle): 504-349-5414 (ask for Ms. Smith)
 - ✓ Lafourche Parish: 537-7603
 - ✓ Morgan City: 985-384-7446
 - ✓ Terrebonne Parish: 873-6817
- Councils on Aging Meals On Wheels: Meals are brought to the homebound person's home:
 - ✓ Jefferson Parish (Grand Isle): (504) 888-5880
 - ✓ Lafourche Parish: 532-0459
 - ✓ St. Mary Parish: 337-907-6310
 - ✓ Terrebonne: 868-8411
- Community Growers: find local growers for fresh fruit and vegetables: <http://www.localharvest.org>
- Food Banks: provide free food and household supplies for families in crisis:
 - ✓ Catholic Community Center: Galliano: 632-6859: Open Mondays 2pm-4pm; Wednesdays 10am-2pm; Fridays 10am-Noon
 - ✓ Dulac Community Center: 563-7483: for Dulac residents only: Open Tuesdays & Thursdays from 9am-12pm or by appointment.
 - ✓ Morgan City Outreach: Morgan City: 385-0525: Open Monday – Thursday 8am-Noon and 1:30pm-4:00pm. Fridays from 9am-Noon.
 - ✓ Good Samaritan Food Bank of Raceland: 537-7706: Open Mondays 12:30-3:30pm; Wednesdays 9am-Noon; Fridays 12:30-3:30pm

- ✓ Second Harvest Mobile Pantries: 504-734-1322 or <https://networks.whyhunger.org>: type in your zip code to find food pantries near you! Bring in your ID and a bill showing the address in which you live.
- ✓ Terrebonne Churches United Food Bank: 851-5523: Open Mondays 8:30am - Noon, Wednesdays 12:30 - 4pm, Saturdays 8:30am - Noon.
- ✓ Good Samaritan Food Bank of Thibodaux: 447-9776: Open Tuesdays 8am - Noon, Thursdays 8am - Noon, Saturdays 10am - Noon.
- Food For Families: provides free food for pregnant women, women up to one year following the birth of their child, infants and children up to age 6, and seniors age 60 and over who meet income guidelines and are residents of Louisiana.
 - ✓ Jefferson Parish (Grand Isle): 1-800-522-3333
 - ✓ Lafourche Parish: 532-0459
 - ✓ St. Mary and Terrebonne Parishes: 1-800-522-3333 or 1-888-850-9099
- Food Stamps (also known as SNAP or Supplemental Nutritional Assistance Program): There are several ways to apply:
 - ✓ Call to get a food stamp/SNAP application mailed to you: 1-888-524-3578
 - ✓ Apply through the internet at <https://cafe-cp.dcfsls.gov/selfservice/> or www.dss.state.la.us
 - ✓ Contact your worker to reschedule your appointment:
 1. Phone: 1-888-524-3578
 2. Email: LAHelpU.dcfsls@la.gov - for clients with existing SNAP cases, please include their name and Case ID number (the number below the 16-digit number on their EBT card); for new applications, please include the full name of the head of household, and the last four digits of their social security number.
 3. Faxing and mailing verification documents to DCFSLs: In addition to submitting documents electronically through CAFÉ, you can submit documents to DCFSLs's document processing center via fax or mail at the number and address below:
 - a. Fax: 225-663-3164
 - b. Mail: P.O. Box 260031, Baton Rouge, LA 70826
- ✓ Not computer literate or find the application process for SNAP benefits too cumbersome? Apply with the help of a live person over the telephone that will assist in filing out the application: Second Harvest Food Bank Benefits Help Line: 1-855-392-9338.
- ✓ Apply in person at a local Children & Family Services office or community partnership site:
 1. Grand Isle Residents: 2150 Westbank Expressway, Suite 201, Harvey
 - Partnership Sites:
 - a. Grand Isle Head Start Office: 149 Ludwig Lane
 2. Lafourche/Terrebonne: 1-855-562-6941 or 857-3620: <https://cafe-cp.dcfsls.gov/selfservice/> or www.dss.state.la.us or 1012 West Tunnel Blvd, Houma.
 - Lafourche Partnership sites:
 - a. Lafourche Council On Aging:
 - 1229 Canal Blvd, Thibodaux
 - 307 East 5th Street, Larose
 - 103 Ena Drive, Golden Meadow
 - 210 Mazerac Street, Houma
 - 4876 Hwy 1, Mathews

- b. Nicholls Family Service Center: 300 A Ardoyne Dr. Thibodaux
 - c. La Workforce Commission: 1442 & 1425 Tiger Drive, Thibodaux
 - d. Raceland Food Bank: 2084 Hwy 182, Raceland
 - e. Thibodaux Food Bank: 100 Birch Street, Thibodaux
 - f. Promise of Life Church: 701 Hickory Street, Thibodaux
3. Terrebonne Partnership Sites:
- Agenda For Children: 1340 West Tunnel Blvd – Ste 550, Houma
 - Alcohol & Drug Abuse Council: 730 Belanger Street, Houma
 - Catholic Charities: 1220 Aycock Street, Houma
 - Gulf Coast Social Services: 320 Progressive Blvd, Houma
 - LA Workforce Commission: 807 Barrow Street, Houma
 - Options For Independence: 1340 West Tunnel Blvd, Houma
 - Terrebonne Council On Aging:
 - a. 168 Hwy 311, Schriever
 - b. 113 Senior Citizen Center, Chauvin
 - c. 1122 Cross Street, Montegut
 - d. 6512 West Main, Houma
 - e. 7491 Park Avenue, Houma
4. St. Mary: 877-276-8308, <https://cafe-cp.dcss.la.gov/selfservice/> or www.dss.state.la.us or 705 Bayard Street Suite A, New Iberia
- Partnership Sites:
 - a. Options For Independence: 512 Roderick Street, Morgan City
 - b. St. Mary Outreach: 601 First Street # 102, Morgan City
- ✓ To report a lost or stolen Louisiana Purchase Card or just having problems with the card: 1-888-997-1117.
 - ✓ Food Stamp/SNAP Fraud Hotline: 1-888-524-3578, select option 7 from the menu or <https://fraudreporting.dcss.la.gov/reportingfraud.asp>
 - ✓ <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx> : interactive map helps to see the poverty levels across the country according to food stamp/SNAP indicators.
- Restaurant Delivery Service (Houma only): 985-262-1389 or www.servinghouma.com
 - Soup Kitchens: Bunkhouse Inn: Houma: 985-227-0065. Serves hot meal most nights at 5:00pm
 - WIC: Special Supplemental Food Program for Women, Infants and Children: supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.
 - ✓ Grand Isle: 632-5567 (through the Galliano office)
 - ✓ Lafourche Parish: 447-0921 (Thibodaux) or 632-5567 (Galliano)
 - ✓ St. Mary Parish: 985-380-2441 (Morgan City)
 - ✓ Terrebonne Parish: 851-1717 or 868-3700

Fraud Reporting:

- To report internet fraud, visit the FBI crime center : www.ic3.gov/complaint

Funerals:

- Actors Fund: <http://www.actorsfund.org>: assist with the cost of funerals and provide a grave site with a head stone to those in need. In addition, The Fund offers pre-pay arrangements for those interested in purchasing a grave site.
- Angel Gowns: Martha Leblanc: 985-492-8274: wedding gowns are transformed into beautiful funeral dresses for still born infants.
- Body/Organ Donations: There are two types of donation when it comes to your body. You can either donate your whole body or just your organs. If you donate your body then your body will be used to help further medical advancements or help teach new medical students about the body. If you donate your organs then your organs are used to help save people's lives.
 - ✓ Science Care: 1-800-417-3747 or <http://www.sciencecare.com> : you can choose to be both a whole body donor and an organ donor. It doesn't have to be one or the other. By donating to research, your body lives on by allowing doctors and medical students the ability to research new life-saving medical and surgical procedures and techniques.
 - ✓ Med Cure: 1-866-560-2525 or <http://medcure.org> : is a national whole body donation program that serves as a link between donors and medical researchers and educators.
 - ✓ Anatomy Gifts: 1-800-300-5433 or <http://www.anatomygifts.org> : is a program of Anatomic Gift Foundation, Inc., an independent, non-profit, anatomic donation organization that supports advancements in scientific research and medical education.
 - ✓ Tulane University School Of Medicine: 504-988-5255: ask for the Willed Body Program
 - ✓ LSU Health Sciences Center - Shreveport: 318-675-5320: bodies are used to teach medical, dental, nursing and allied health students basic human anatomy. Some are used by the faculty and residents to develop new surgical or diagnostic procedures. Others are utilized for Post Graduate course and continuing education for practicing Health Care providers.
 - ✓ Louisiana Organ Procurement Agency: 504- 837-3355 or <http://www.lopa.org> : an independent, not-for-profit organ and tissue recovery agency.
- Catholic Charities Diocese of Houma Thibodaux: 876-0490 or <https://www.htdiocese.org/catholic-housing-services>: A donation of \$100 is given to a family towards the costs of burial if there was no insurance available and the family can show proof of need.
- Civic Groups: KC Councils or VFW groups often assist by offering a direct donation or hold a fundraiser to raise the money needed by the family to pay for burial expenses.
- Coroners Office: offers free burial of individuals whose family members have no ability to pay for the burial expenses. The body is placed in a common grave; there is no headstone or marker to help memorialize the persons who are buried there.
 - ✓ Lafourche: 537-7055
 - ✓ St. Mary: 384-9964
 - ✓ Terrebonne: 873-6440
- Councils On Aging: Sometimes funds are available for elderly clients who have died and have no insurance.
- Cremation: The Catholic Church allows the body to be cremated. The cost of this service is considerable cheaper than that of embalming and burial.
- Faith Ministries International: 985-665-8476 or <http://faithministry.vpweb.com> : assistance with the payment of headstones and/or some funeral expenses for children who have died.
- Office of Veteran's Affairs: 857-3626: they offer different amounts of benefits depending on if the death was caused by military service or not.
 - ✓ If the family chooses a whole body donation through Science Care (see above): Along with the no-cost benefits of the body donation program, the family may arrange to have the veteran donor's cremated remains interred in a national cemetery in the same manner and with the same honors as casketed remains at no cost. Their Family Services team can help with this process.

- Social Security: If the deceased paid into Social Security for at least 40 quarters, a \$255 burial expense benefit can be applied for either by the family or by the funeral director with payment going directly to the funeral home.
- St. Joseph Abbey: 985-867-5161 or <http://www.saintjosephabbey.com/about-woodworks> : the monks make wooden caskets for a low cost.
 - ✓ The Monday Night Disciples: 504-454-6094 or www.mondaynightdisciples.org: they make cypress caskets for babies that have died.
- Truck Drivers: <http://truckersfinalmile.org>: they will assist in the immediate travel, lodging, and ground transportation needs of truck drivers and their immediate families. Whether to the truck driver's location or for the driver to travel home in such a case. Additionally, in the event of loss of driver's life, we will pay the transportation of his/her remains home.
- <https://www.everplans.com> : allows users to share information about the funeral and surrounding events, notify family and friends of the details, and update everyone at once if anything changes.
- www.newmelleray.org : Trappist monks make wooden caskets that are cheaper than what can be found in local funeral homes.
- www.gofundme.com : this site assists individuals in raising money for expenses such as funerals.

Gambling Support Groups:

- Center for Compulsive Gamblers: 1-318-424-4357: Counseling is provided for those suffering with the addictive tendencies of gambling.
- Problem Gamblers Hotline: 1-877-770-7867: 24 hour gambling hot line for the state of Louisiana.
- Gam-Anon International: 1-718-352-1671 or www.gam-anon.org a 12 step fellowship for husbands, wives, relatives and friends of compulsive gamblers.
- www.gamblersanonymous.org: 12 step program to assist compulsive gamblers to take control of their addiction.
- Louisiana Civil Code Article #2336: states that if a husband or wife has a spouse that is causing them to get into a financial bind due to problems of addiction, they can separate their finances from each other while still staying married. This allows the responsible spouse to live without suffering the consequences of the irresponsible spending due to the gambling illness of the other spouse and prevent bankruptcy of the family finances.
- National Council on Problem Gambling: 1-800-522-4700: Crisis line for gamblers.

Grief and Loss Support Groups:

- Bereaved Parents of the USA: www.bereavedparentsusa.org : offers hope, support, understanding and compassion to the newly bereaved parent.
- Center For Loss and Life Transition: 970-226-6050 or www.centerforloss.com : dedicated to "companioning" grieving people as they mourn transitions and losses that transform their lives.
- Compassionate Friends: www.compassionatefriends.org : support group for parents whose children have died.
- Faith Ministries International: 985-665-8476 or <http://faithministry.vpweb.com> : support group for parents whose children have died.
- First Candle: 1-800-221-7437: assists families that have lost an infant through death.
- Grief Share Support Groups: <http://www.griefshare.org>: GriefShare support is available for people in our area who are grieving the death of a family member or friend. Please check their website for current locations.
- Grieving Child Organization: www.dougy.org : offers information on how children grieve and how to help them through the process.
- [Mourning A Parent or Spouse's Death](#)

- Parents of Murdered Children, Inc: 1-888-818-7662: offers support to parents who have lost their children.
- Post Abortion Reconciliation: Crossroads Pregnancy Center: 446-5004: For those who have been touched by the trauma of abortion and need help with depression or feelings of grief and guilt.
- Tragedy Assistance Program For Survivors: 1-800-959-8277 or www.taps.org : A national non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. They also offer grief counseling referral; case worker assistance and crisis information, all available to help families and personnel cope and recover. Services are provided 24 hours a day free of charge!
- www.mend.org : M.E.N.D. is a Christian not-for-profit corporation whose purpose is to reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through support groups, the quarterly newsletter, and our Internet web site.
- www.nationalshare.org: 1-800-821-6819: Offers support for parents that have lost a child due to stillbirth or miscarriage.

Hazardous Waste Pickup:

- Environmental Protection Agency Hotline: 1-800-305-6621: assists families that have any type of hazardous waste (such as computer monitors) with sites that can take the materials to dispose of for them.

Homeless Assistance:

- If homeless due to domestic violence:
 - ✓ Chez Hope: 337-828-4200
 - ✓ The Haven: 872-0757
- If homeless in Lafourche Parish:
 - ✓ Beautiful Beginnings Homeless Shelter: 580-8105
 - ✓ Lafourche Community Action Agency: 537-7603
 - ✓ Salvation Army: 262-1871
 - ✓ Gulf Coast Social Services: 851-4488
- If homeless in St. Mary Parish:
 - ✓ St. Mary Community Action Agency: 1-337-828-5703
- If homeless in Terrebonne Parish:
 - ✓ Beautiful Beginnings Homeless Shelter: 580-8105 (Families with children only)
 - ✓ Bunkhouse Shelter: 876-9976 or 637-6088 or 985-227-0065 : (men only) there is a small charge per night to stay
 - ✓ Salvation Army: 262-1871
 - ✓ START Corporation: 873-7784
 - ✓ Terrebonne Parish Consolidated Government: 873-6817
- Looking for the owner of a property you would like to rent? Call the assessor's office in the parish the property is located, provide them with an address and they will tell you who owns it!
 - ✓ Jefferson: 504-362-4100
 - ✓ Lafourche: 447-7242
 - ✓ St. Mary: 337-828-4100
 - ✓ Terrebonne: 876-6620

Horticulture:

- LSU Agricultural Center: www.lsuagcenter.com : has information on any topic of plants or plant diseases native to our area.
 - ✓ Lafourche: 446-1316

- ✓ St. Mary: 337-828-4100 (ask for LSU Ag Office)
- ✓ Terrebonne: 873-6495

House Repairs:

- Contractors: Louisiana State Licensing Board for Contractors: www.lslbc.state.la.us or 1-225-765-2301: they can check to see whether a contractor is licensed.
- Dulac Community Center: 563-7483: they assist with general home repairs for anyone living in the Dulac area.
- Parish Permit Offices: permits are needed before constructing or repairing a home:
 - ✓ Lafourche Parish: 985-632-4666 (Galliano), 537-7603 (Matthews), or 985-493-2196 (Thibodaux) or <http://www.lafourchegov.org/departments/permits/permitting-applications-information>
 - ✓ St. Mary Parish: 337-828-4100 ask for Permit Office
 - ✓ Terrebonne Parish: 873-6569 or www.tpcg.org
- Terrebonne Parish Consolidated Government Housing Rehabilitation Program: 873-6817: To qualify, the person must own the home and the property it sits on. It must be in their name, they must have lived in the home for at least 3 years and meet the income guidelines. People are put on a waiting list, however, points are given as to the age of the person calling, if they are disabled, and the condition of the home – it is worth calling in at any time since your name could well come to the top of the list due to the point system. Repairs have a maximum assistance level of \$50,000.
- USDA Rural Development Program: Provides 1% interest loans to low income, owner occupied families living in rural areas that need assistance with house repairs. Some grants are available for senior citizens (62+ years of age) that cannot afford to repay a loan.
 - ✓ Lafourche and Terrebonne: 1-985-748-8751 ext. 4
 - ✓ St. Mary: 337-262-6601 ext. 4

Housing Services:

- Catholic Housing Services: 876-0490 or <https://www.htdiocese.org/catholic-housing-services> : Provides assistance for middle and low income people who wish to become first time home owners. Pre-purchase and post-purchase counseling available as well as assistance in getting the best terms for a mortgage.

Hunting Season Information:

- Louisiana Department of Wildlife & Fisheries: 1-800-256-2749: 24 hour information hotline for hunting season dates and regulations.

Identity Theft:

- Check writing history can be obtained:
 - ✓ Chex Systems: 1-800-428-9623 or www.ConsumerDebit.com
 - ✓ Certegy Check Systems: 1-800-237-3826 or www.askcertegy.com
 - ✓ TeleCheck/First Data: 1-800-366-2425
- Credit Bureaus: they keep track of all credit transactions individuals take out and provide free yearly reports to those that request them. Credit reports can be ordered as needed for a fee. Checking a credit report at least yearly helps individuals to see if someone else is opening up lines of credit under their name.
 - ✓ Equifax: 1-800-685-1111 or www.equifax.com : (fraud line: 1-800-525-6285)
 - ✓ Experian: 1-888-397-3742, or www.experian.com : (fraud line: 1-888-397-3742)
 - ✓ Trans Union: 1-800-680-7289 or www.transunion.com : (fraud line: 1-800-916-8800)

1. Get a free credit report from the credit bureaus listed above once every 12 months by calling 1-877-322-8228 or www.annualcreditreport.com
 - Dispute information found on your credit report: https://s3.amazonaws.com/files.consumerfinance.gov/f/documents/201701_cfpb_Credit-report-review-checklist.pdf
- ✓ Innovis: 1-800-540-2505 or www.innovis.com
 - Federal Trade Commission: www.IdentityTheft.gov or 1-877-438-4338: provides an interactive checklist that walks people through the recovery process and helps them understand which steps should be taken upon learning their identity has been stolen. It also provides sample letters, specialized tips for specific forms of identity theft, and advice for people who have been notified that their personal information was exposed in a data breach.
 - Health History:
 - ✓ The Medical Information Bureau: 1-866-692-6901 or www.mib.com : obtain a free report of your medical conditions and tests to determine if medical identity theft has occurred.
 - ✓ Prescription Histories: obtain reports of prescriptions filled under your name:
 1. Milliman IntelliScript: 1-877-211-4816 or www.rxhistories.com
 2. Script Check: 1-844-225-8047
 - Internet Crime Complaint Center: <https://www.ic3.gov/default.aspx>: provide the public with a reliable and convenient reporting mechanism to submit information to the Federal Bureau of Investigation concerning suspected Internet-facilitated criminal activity and to develop effective alliances with law enforcement and industry partners. Information is analyzed and disseminated for investigative and intelligence purposes to law enforcement and for public awareness.
 - Identity Theft Resource Center: 1-888-400-5530 or www.idtheftcenter.org: helps people prevent and recover from the horrors of identity theft.
 - Public Records:
 - ✓ Lexis Nexis Comprehensive Loss Underwriting Exchange: 1-866-312-8102 or <https://personalreports.lexisnexis.com> : provides details of public records and other information filed under a person's name including property ownership, criminal history, liens, and bankruptcy.
 - ✓ Verish A-Plus Report: 1-800-627-3487 or www.verisk.com (type "order free report" in the search box). These reports help to list loss of home/property. To dispute information on a claim record or to obtain a copy of an A-PLUS report resulting from an adverse action notice by an insurance company, consumers can call the Consumer Inquiry Center at 1-800-709-8842.
 - Social Security Fraud Line: 1-800-269-0271: call if someone else is using your social security number to open up lines of credit.
 - Don't forget to contact the IRS to see if any personal tax bills are due or overdue under your personal identity information.
 - IRS Taxpayer Advocate Service: <https://taxpayeradvocate.irs.gov/get-help>: If you're stung by tax-related identity theft and are tied up in red tape this service can help you. It is designed to rescue people encountering "economic harm," people who already have tried resolving their tax problems through normal IRS channels or those who think an IRS system or procedure isn't working as it should.
 - www.idtheftinfo.org : a one stop shop for ID theft issues.

Immigration & Resettlement:

- Catholic Charities Archdiocese of New Orleans Immigration Office: 504-310-6873 or www.ccano.org/programs/hacs

- National Immigration Legal Services Directory: <https://www.immigrationadvocates.org/nonprofit/legaldirectory>: this directory provides information on non-profit organizations that provide free or low cost immigration legal services.
- U.S. Citizenship and Immigration Services: <http://www.uscis.gov> or <http://www.uscis.gov/citizenship> : contains all forms needed to work or become a citizen.
- https://docs.google.com/spreadsheets/d/10tDx38z0g_LtHkxa_4LLDD1j531N2O34ikK89UzHsJ4/e_dit#gid=337462552 : This spreadsheet lists places that can assist immigrants in the United States that have been separated from their family members with free legal help.

Income Tax Preparation & Assistance:

- Local IRS appointments can be made by calling 1-844-545-5640 for an appointment.
- Free Income Tax Preparation (available February 1 – April 15):
 - ✓ Terrebonne Main Library: 876-5861
 - ✓ FREE online software to file your taxes in the comfort of your own home:
 1. <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free> : prepare and e-file your federal and state returns from the comfort of your own home FREE!
 2. <https://www.myfreetaxes.com>: Offered through a partnership from United Way and H&R Block, families can file both federal and state income tax returns electronically free of charge.
 3. Need to file a previous year return? To prepare and e-file free go to: http://www.freetaxusa.com/prior_year.jsp
 4. Louisiana Department of Revenue: <http://revenue.louisiana.gov/EServices/LouisianaFileOnlineLinks>: file your Louisiana state taxes online FREE!
 - File for Citizens Insurance Rebates online: <http://revenue.louisiana.gov/EServices/LouisianaFileOnlineLinks>
 - To ask questions about a Louisiana State Return call: 1-225- 219-0102
 - To find out when you might receive your refund: 1-888-829-3071 or <http://revenue.louisiana.gov/sections/eservices/LAFileOnlineHome.aspx>
 - To order state income tax forms: go online at <http://revenue.louisiana.gov/sections/taxforms/orderforms.aspx>
 - ✓ IRS Disaster Hotline: 1-866-562-5227: call this number for help with tax issues after a disaster.
 - ✓ Pay your estimated taxes online: <http://www.irs.gov/Payments/Direct-Pay>
- IRS links to tax items needed:
 - ✓ [IRS.gov/espanol](http://www.irs.gov/espanol) : Spanish version of the IRS website!
 - ✓ Interactive Tax Assistant: This [tool](#) is a tax law resource that covers a number of topics. The ITA is easy to use as it leads you through a series of questions and provides responses to your tax law inquiries.
 - ✓ Check your withholding: Use the IRS Withholding Calculator [tool](#) to check if you're on target with the amount withheld from your pay. This tool can help you decide if you need to give your employer a new Form W-4, Employee's Withholding Allowance Certificate.
 - ✓ Check your refund status: The Where's My Refund tool: <http://www.irs.gov/Refunds> is a fast and easy way to check the status of your tax refund or use the IRS2Go mobile app or click on the 'Refund' tab on IRS.gov.
 - ✓ Need a copy of a current or prior year tax return? Order a transcript: [Order](#) your tax return transcript or tax account transcript online.

- ✓ Pay your taxes electronically: Use the Electronic Federal Tax Payment System to pay your taxes online or by phone. <http://www.irs.gov/uac/EFTPS-The-Electronic-Federal-Tax-Payment-System> is a free service
- ✓ Apply for a payment agreement: The Online Payment Agreement [tool](#) allows you to apply for a payment agreement online if you owe \$50,000 or less in taxes, interest and penalties.
- ✓ Check out a charity: Search for qualified charities using Exempt Organizations' Select Check. This [tool](#) will tell you if an organization is eligible to receive tax-deductible donations.
- ✓ Check your homebuyer credit repayments: Use the First Time Homebuyer Credit Lookup [tool](#) to get account information such as the total amount of your credit or your repayment amount.
- ✓ Get forms and publications: View, download and order federal [tax forms and publications](#) anytime, day or night.
- ✓ Check your eligibility for an offer in compromise: An OIC allows you to settle your tax debt for less than the full amount you owe. It's an option if you can't fully pay your taxes, or doing so creates a financial hardship. Use the OIC Pre-Qualifier [tool](#) to see if you may be eligible before you apply for one.

Indian Support:

- Indian Parent Committee: 851-1553 (Indian Education Department): Hold meetings monthly to keep parents updated on services available.
- Intertribal Council: 851-5408: assists the various Indian tribes in our area with employment and training.
- United Houma Nation: 985-223-3093:
 - ✓ United Houma Nation Vocational Rehabilitation Program: assists eligible individuals with disabilities in planning for, reaching and maintaining gainful employment.
 - ✓ Wellness Center for Tribal Citizens: services include weight tracking and monitoring, blood pressure screening, annual cholesterol and blood glucose screening for all participants, weekly blood glucose screening for individuals living with diabetes, Accudetox Acupuncture to detox the body as well as relieve stress and anxiety, Ionic Foot Detox to naturally purge the body of impurities and promote better health, Aromatherapy to improve mood and promote relaxation

Interpreters/Translators:

- Sign Language:
 - ✓ Deaf Action Center's Emergency Interpreting Services: 318-425-7781.
 - ✓ Learn basic sign language over the internet: www.funbrain.com/signs/index.html

Landlord/Tenant Problems:

- To report a bad landlord who accepts rental payments from a federal agency: Contact the Multifamily Housing Complaint Line by calling toll-free 1-800-685-8470. This complaint line enables residents of HUD-insured and -assisted properties and other community members to report complaints with a property's management concerning matters such as poor maintenance, dangers to health and safety, mismanagement, and fraud.
- If a tenant is having problems with their Landlord refusing to repair their rental unit, call:
 - ✓ Terrebonne Parish: Planning & Zoning: 873-6569
- Tenant Screening:
 - ✓ www.Credco.com or 1-800-637-2422: collects property ownership and mortgage obligation records; property legal filings and tax payment status; rental applications and

collection amounts; consumer bankruptcies, liens, judgements, and child support obligations.

- ✓ <https://www.myrental.com> or 1-877-496-3352: they collect criminal and credit histories.
- ✓ Nova Credit: <https://www.novacredit.com/consumer-faq>: have foreign tenants? Nova provides credit reports from credit bureaus all over the world.

Legal Aid:

- Advocacy Center of New Orleans: 504-522-2337: Protects and advocates for the human and legal rights of persons living in Louisiana who are elderly or disabled.
- Court Self-Help Desk: The 17th Judicial District Court in Thibodaux and Southeast Louisiana Legal Services have developed a self-help desk that is staffed by an attorney to help people find and fill out forms on their legal issues: <https://www.17thjdcselfhelp.com>
- Indigent Defenders: free legal defense in court proceedings:
 - ✓ Lafourche Parish: 446-8808
 - ✓ St. Mary Parish: 337-828-3628
 - ✓ Terrebonne Parish: 873-6831
- Legal Assistance Hotline: 1-800-310-7029 or 504-355-0970 or <https://www.lsba.org>: assists with free legal services to low income, elderly, or people affected by a disaster throughout the state of Louisiana.
- Mental Health Advocacy Service: 504-568-8904: a statewide service established to provide legal counsel and representation to mentally disabled persons and to ensure that their legal rights are protected.
- Acadiana or Southeast Louisiana Legal Services: provides free legal help to low income individuals, seniors, or people with disabilities with certain legal issues such as family law, domestic violence issues, consumer debt, landlord-tenant disputes, foreclosures, employment law, government benefits, wills, and other issues:
 - ✓ Lafourche & Terrebonne: 851-5687
 - ✓ START Community Health Center: 879-3966: In partnership with Southeast Louisiana Legal Services, patients at START Community Health Center can also receive legal assistance through their location.
 - ✓ St. Mary: 1-800-256-1175
- Southern Migrant Legal Services: 1-866-721-7828: provides free legal services in some employment-related and public benefits problems to low-income agricultural workers in Louisiana, Alabama, Arkansas, Kentucky, Mississippi and Tennessee.

Marriage Support:

- Faith Ministries International: 985-665-8476 or <http://faithministry.vpweb.com> : they assist with marriage counseling free of charge.
- Natural Family Planning:
 - ✓ Office of Family Ministry: 850-3129: assists couples with information on the ovulation process and various methods to help determine when a woman is fertile or not.
 - ✓ Hope Woman's Clinic: 504-496-0214: Dr. Susan Caldwell's goal is to reach out to Catholic women who want to live out their faith by using natural family planning methods.
- Retrouvaille Weekend Experience: Office of Family and Youth Ministry: 850-3129: A program for married couples having trouble.

Medicaid:

- Apply for Medicaid in Louisiana:

- ✓ Mail: request an application to be mailed to you: 985-449-5020 or 1-888-342-6207
- ✓ Online: click on the link below: <http://new.dhh.louisiana.gov/index.cfm/page/237>
- ✓ To Apply By Phone: 1-877-252-2447
- ✓ Medicaid Enrollment Centers:
 1. Lafourche Council On Aging: 532-0457
 2. St. Mary Council on Aging: 337-907-6310
 3. Terrebonne Council on Aging: 868-8411
 4. START Community Health Center: 879-3966
 5. Tech Action Clinic: 851-1717
- Wondering which LA Medicaid Plan is best for you? Call the Bayou Health Enrollment Broker at 1-855-229-6848 or here is a list of the five different Medicaid Health Plans Louisiana residents must choose from:
 - ✓ Aetna Better Health: 1-855-242-0802 or <http://www.aetnabetterhealth.com/louisiana>
 - ✓ AmeriHealth Caritas: 1-888-756-0004 or <http://www.amerhealthcaritasla.com/>
 - ✓ Healthy Blue: 1-844-521-6941 or <https://www.myhealthybluela.com/la/louisiana-home.html>
 - ✓ Louisiana Healthcare Connections: 1-866-595-8133 or www.louisianahealthconnect.com
 - ✓ United Health Care: 1-866-675-1607 or www.UHCCCommunityPlan.com
- Medicaid Programs www.medicaid.dhh.louisiana.gov include:
 - ✓ Breast and Cervical Cancer Program: For women under age 65 who have been screened for breast or cervical cancer by an approved provider and need cancer treatment services. Find out if you qualify by calling toll-free 1-888-599-1073
 - ✓ Family Opportunity Act Family Buy In Plan: Provides health coverage to uninsured or underinsured children who have disabilities in families with too much income to qualify for regular Medicaid or LACHIP. It allows families with a higher income range to buy into the Medicaid Program.
 - ✓ LACHIP: health insurance for low income children under the age of 19. Families must meet income limits: <http://new.dhh.louisiana.gov/index.cfm/page/1371>
 - ✓ LACHIP Affordable Plan: which covers children whose parents earn too much to qualify for LaCHIP.
 - ✓ LAMOMS: for low income pregnant women
 - ✓ Long Term Care Program: assists with the cost of a group home or nursing home. For a description of the home and community based serves Medicaid provides: <http://new.dhh.louisiana.gov/index.cfm/page/121>
 - ✓ Medicare Savings Program: assists seniors and disabled people on Medicare pay for their Medicare Premiums (both Part A & D) and possible co-payment assistance.
 - ✓ Medicaid Purchase Plan: insurance for disabled individuals that work.
- Medicaid Hot Line: 1-888-342-6207: call for eligibility questions, to request a new Medicaid card, or for Medicaid services or programs that are not a part of Bayou Health.
- Medicaid Transportation (non-emergency): 1-855-325-7565
 - ✓ Aetna Better Health: 1-877-917-4150
 - ✓ AmeriHealth Caritas: 1-888-913-0364
 - ✓ Healthy Blue: 1-866-430-1101
 - ✓ Louisiana Healthcare Connections: 1-855-369-3723
 - ✓ United Health Care: 1-866-726-1472

Medical Information:

- Immunization Records: <https://la.myir.net>: offers consumers free copies of their immunization record.
- 24 Hour Registered Nurse Helpline: 1-855-546-3733: Discuss your unique situation to determine your care options and the most appropriate types of services 24 hours a day, 7 days a week.

- Acadia On Call: 1-800-259-1234: they offer a necklace that a homebound or elderly person can wear enabling that person to press a button when emergency personnel need to be summoned to their home when they can't reach the phone to make the call to 911. To get a discount on the monthly fee that is charged for the service, contact your local Council on Aging Office before enrolling with Acadia on Call.
- American Recall Center: <http://www.recallcenter.com> : sign up to receive alerts for medicine or medical device recalls!
- Are you trying to get hired on a job and need to take a physical and drug screen? Occupational Medicine Services (O.M.S.): 223-0032: will provide a physical and drug screen for a small fee for each test.
- Do you have a complaint about a medical provider? If you feel you have not received quality medical care from your doctor, you should file a complaint in writing to the Louisiana State Board of Medical Examiners: P.O. Box 30250, New Orleans, La 70190-0250 or call 504-568-6820.
- Do you need to rent a hospital bed or other type of medical equipment? Call:
 - ✓ D&M Medical Supplies: 447-9597
 - ✓ Health Pro: 872-5777
- Don't have insurance?
 - ✓ <http://www.healthcare.gov/marketplace> : consumers can find affordable health insurance through the Health Insurance Exchanges.
 1. https://www.healthcare.gov/marketplace/global/en_US/registration use this link to report life changes to your health insurance plan if the plan is subsidized by the federal government.
 - ✓ All-Access Walk In Clinic: You can see a doctor for \$30.00 cash only. This is only for uninsured patients who are experiencing minor medical problems.
 1. Houma: 709-0311: 855 Belanger St, Suite 200: Open Monday through Friday from 9am – 6pm and 10am – 2pm on Saturday.
 - ✓ Care Credit: 1-800-677-0718 or www.carecredit.com : a credit card specifically designed to help you pay for healthcare services by offering low monthly payment plans with no interest applied if the full amount is paid within the time frame specified at the time of applying (6,12,18 or 24 month payback periods).
 - ✓ Chabert Medical Center: 873-2200: Anyone with low to no income can be seen here free of charge, but must first get a letter stating they are not eligible for insurance through the healthcare exchange (any Medicaid enrollment center can assist in obtaining this letter). Chabert has many different doctors that can be accessed for many different types of illnesses.
 - ✓ Medical Bill Assistance:
 1. www.billadvocates.com : a national network of advocates who help patients deal with overcharges and insurance company underpayments.
 2. www.medicalcostadvocate.com : they can negotiate costs for procedures before or after the procedure takes place, whether the family has insurance or not.
 - ✓ START Community Health Center: 879-3966: they provide primary health services and mental health and supportive counseling free of charge to those without insurance. Private insurance is also accepted.
 - ✓ Teche Action Clinic: They operate on a sliding scale. Proof of income is required, if no income, a food stamp/SNAP printout will be sufficient. They have several locations:
 1. Dulac: 868-3700
 2. Galliano: 325-3607
 3. Houma: 851-1717
 4. Morgan City: 384-2371
 5. Thibodaux: 446-7341

- Do you need to raise money for medical expenses due to a catastrophic injury or an organ transplant?
 - ✓ <http://www.giveforward.com/cause/money-for-cancer> : A GiveForward page makes fundraising for out-of-pocket expenses like co-pays, travel and lodging, and alternative treatments easy.
 - ✓ www.gofundme.com : an easy way to raise money from friends and family online!
 - ✓ <http://www.helpopelive.org> : The Help, Hope, Live site works with families and volunteers throughout the United States to establish successful grassroots fundraising campaigns in honor of individuals facing transplantation or for persons who have sustained a catastrophic injury (incl. spinal cord or traumatic brain injury).
 - ✓ National Foundation for Transplants: 1-800-489-3863 or <http://www.transplants.org> : Provides fundraising assistance for individuals in need of a transplant.
- Do you know how to exercise using the right form?
 - ✓ http://www.sparkpeople.com/resource/exercise_demos.asp?exercise_type=stretch
- Need a doctor during the early evening hours but don't want to wait at an emergency room? Go to:
 - ✓ Coastal Urgent Care Center of Houma: 985-790-7341 or www.coastalurgentcarehouma.com : they are open from 9am – 8pm seven days a week.
 - ✓ Coastal Urgent Care Center of Thibodaux: 985-208-3022: They are open 9am – 8:00pm seven days a week.
 - ✓ Urgent Care - Thibodaux: 985-262-4424: open 7 days a week between 9am – 8pm.
 - ✓ Lafourche Urgent Care in Raceland: 532-2387: They are open from 9am – 8pm seven days a week.
 - ✓ Ochsner Urgent Care Center in Houma: 262-8015: They are open from 9am – 8pm Monday through Friday and 9am – 6pm Saturday and Sunday.
 - ✓ Ochsner Urgent Care Center in Thibodaux: 446-5210: They are open from 9am – 9pm weekdays and 9am – 6pm weekends.
 - ✓ Total Urgent Care & Occupational Medicine in Cut Off: 632-1820: They are open from 8am – 8pm Monday through Friday, 8am – 5pm Saturday and Sunday, and 8am – 4pm on holidays.
 - ✓ Urgent Care of Morgan City: 985-412-2020: open from 9am – 8pm seven days a week!
- Speak Spanish and don't know where you can receive health care?
 - ✓ The National Alliance for Hispanic Health: 1-866-783-2645: The English/Spanish hotline refers callers to clinics and public health programs and provides information on numerous health care topics. This hotline is also valuable for programs that don't have Spanish speaking staff or don't know of clinics that do.
- Addiction/Alcoholism:
 - ✓ A Place of Restoration: Helping Hurting People Heal: 985-772-1168 or <http://www.aporhouma.com> : a six month Christian approach to helping men and their families, who are serious about staying sober, recover from the physical, social, and mental problems associated with addictions. Located in Gray, LA.
 - ✓ Alcoholic Anonymous Groups and Al-Anon Family Groups: 1-888-425-2666 or www.al-anon.alateen.org or <http://www.step12.com/louisiana.html> : 12 step program to help those addicted to alcohol to get well.
 - ✓ AppleGate Recovery: 985-492-7963: based in Thibodaux, they specialize in outpatient opioid addiction treatment.
 - ✓ Assisi Bridge House: 872-5529: A residential halfway house for chemically dependent men.
 - ✓ Bayou Council on Alcoholism and Drug Abuse: 446-0643: Have educational programs aimed at alcohol prevention as well as referrals to public and private resources.

- ✓ Claire House: 395-2424: Residential treatment center for women who are chemically dependent and have children who are ages birth to 10.
- ✓ Families Anonymous: <http://www.familiesanonymous.org> : offers a 12 step program that assists a family recover from the effects of a loved one's addiction.
- ✓ National Association for Children of Alcoholics: www.nacoa.org: they have information to help children of alcoholic parents cope with their family life.
- ✓ National Clearinghouse for Alcohol and Drug Information: <http://www.samhsa.gov> : provides information on various types of drugs and their effects.
- ✓ Townsend Recovery Center: 985-685-0559 or 504-457-1138 or www.townsendla.com: they offer inpatient and outpatient addiction treatment.
- ✓ <http://www.familyrecoveryolutions.com/articles/the-alcoholic-addicts-art-of-self-sabotage> : this website can give valuable insights to family members living with a person with addictions.
- ✓ https://www.huffingtonpost.com/dr-howard-samuels/relapse-prevention_b_3326444.html
- ✓ [How to Be Sober and Happy When Everyone Around You is Drinking](#)
- ✓ [Overcoming Drug Addiction: How to Stop Abusing Drugs, Find Treatment, and Begin Recovery](#)
- ✓ [Strong Body, Strong Mind: How to Start a Healthy Eating and Exercise Plan in Addiction Recovery](#)
- ✓ [8 Things You Shouldn't Say to People in Recovery](#)
- ✓ [How to Handle Withdrawal Symptoms and Triggers When You Decide to Quit Smoking](#)
- ✓ [Sugar Addiction in Sobriety: Why It Happens + 13 Tips How to Break It](#)
- ✓ [Establishing a Fitness Routine in Recovery](#)
- ✓ <https://www.verywellmind.com/warning-signs-of-an-alcohol-or-drug-relapse-67895>
- AIDS:
 - ✓ Actors Fund: <http://www.actorsfund.org>: works with men and women in the entertainment industry to create confidential, holistic plans and support systems that will meet each person's emotional, medical and financial needs over the long term.
 - ✓ Exchange Support Services: 985-223-4017: offers Case-Management services for people who are HIV positive in the Region 3 area which includes the Houma Thibodaux Diocese.
 - ✓ START Community Health Center: 879-3966: provides testing for AIDS virus.
 - ✓ St. Mary Parish Health Unit: 985-380-2441: provides testing for AIDS virus.
- Allergies:
 - ✓ Asthma and Allergy Foundation of America: www.aafa.org : provides educational information on different types of allergy causes as well as referrals to support groups.
 - ✓ Food Allergy Network: 1-800-929-4040 or www.foodallergy.org : receive alerts on foods that contain ingredients you may be allergic to but didn't know was in the food. Also have recipes to help substitute ingredients in your favorite dishes.
 - ✓ www.pollen.com : helps allergy sufferers to see what types of pollen are floating in the air in the zip codes they live in – great in helping you diagnose why you may get sick at a certain time of the year!
- Alternative Medicine:
 - ✓ Foundation for Alternative and Integrative Medicine: <http://www.faim.org>
 - ✓ National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov/>
- Alzheimer's/Dementia: (See also Caregivers Support)
 - ✓ Alzheimer's Disease & Related Disorders Association: 1-800-272-3900 or www.alz.org/safereturn : They have a program called Safe Return that provides an identification tag for your loved one in the case that he/she wanders off unrepentantly that provides information for the relatives to be notified when the loved one is found.
 - ✓ Alzheimer's Assisted Living Arrangements:

1. The Claiborne: 985-387-8088 (Also includes a wing for Alzheimer's Patients – short term stays while recuperating from surgery are also available - Thibodaux)
 2. Sugar Mill Point: 868-8400 or www.sugarmillpoint.net
- ✓ Alzheimer's Association: Southwest LA Chapter: 1-800-548-1211: provides information for patients and caregivers.
 - ✓ Alzheimer's Disease & Dementia Education & Referral Center: 1-800-438-4380: provides current and comprehensive information on this disease.
 - ✓ Bright Focus Foundation: <http://www.brightfocus.org> : provides lots of helpful information on what Alzheimer's disease is and the treatments available.
 - ✓ Kindred At Home: 985-223-4321: Provides Home Health Care and Hospice Care for dementia patients.
 - ✓ [Eating for Your Brain as a Senior](#)
 - ✓ [Six Things Seniors Can Do To Improve Memory](#)
 - ✓ <https://www.healthline.com/health/dementia/early-warning-signs#when-to-see-a-doctor>
- Apraxia:
 - ✓ Childhood Apraxia Speech Association: www.apraxia-kids.org : helps parents to better understand the disease as well as resources and support group listings.
 - Arthritis:
 - ✓ Arthritis Foundation YMCA Aquatic Program: 873-9622: Helps arthritis sufferers ease their pain by exercising the joints in a swimming pool.
 - ✓ Physical Therapy Specialists: Osteopractic Services: 985-693-7300 or www.lapts.com : they offer a service called Dry Needling that helps take away the pain of arthritis.
 - ✓ <https://www.freedommedicals.com> : they offer free delivery of braces for people on Medicare or private insurance.
 - Artificial Limbs / amputee resources:
 - ✓ Cancer Care: 1-281-437-7142: <http://www.cancersurvivorsfund.org/Applications/MedicalAssistanceEligibility.htm> : The Fund reduces financial hardship on families by providing assistance towards the cost of prostheses and artificial limbs for children and young adults who have had or currently have a cancer diagnosis.
 - ✓ Challenged Athletes Foundation: 858-866-0959 or <http://www.challengedathletes.org> : steps in where rehabilitation and health insurance end by providing funding grants for equipment such as sports wheelchairs, handcycles, mono skis and sports prosthetics, and resources for training and competition expenses directly to physically challenged individuals. Access for Athletes surmounts financial impediments to participation in sports, ensuring that challenged athletes are not left on the sidelines because they can't afford expensive equipment or training costs.
 - ✓ Limbs for Life: 1-888-235-5462 or 1-405-843-5174 or www.limbsforlife.org: a global non-profit organization dedicated to providing fully functional prosthetic care of individuals who cannot otherwise afford it and raising awareness of the challenges facing amputees.
 - ✓ Limbs With Love: <https://www.limbswithlove.org>: they provide prosthetics to children in need all around the world free of cost through 3D printing technology.
 - Asperger's Syndrome: www.aspergers.com : a site that can assist a professional in diagnosing a child with something similar to ADD or ADHD but different - Asperger's Syndrome.
 - Assistance for families with children with critical illnesses:
 - ✓ Andrew McDonough B+ Foundation: <http://bepositive.org/need-help/> : Provides financial assistance to families with a child who has a critical illness.

- ✓ Caleb's Foundation: <http://www.calebspennies.org> : financial assistance for families with a child that is currently or recently hospitalized or receiving ongoing medical treatment at a medical facility or at home through specialized nursing care.
- Ataxia: National Ataxia Foundation: 1-763-553-0020 or www.ataxia.org : designed to provide information on this disease to patients, caregivers and medical personnel.
- Attention Deficit Disorder:
 - ✓ C.H.A.D.D. for parents of ADHD children: 1-800-233-4050 or www.chadd.org : national organization that has information and support groups for adults or children with attention deficit/hyperactivity disorders.
 - ✓ LSU Psychological Services: 1-225-578-1494: provides testing for ADD/ADHD on a sliding scale basis.
 - ✓ National Attention Deficit Disorder Association: www.add.org : provides information, resources and networking opportunities for parents of ADD/ADHD kids.
 - ✓ The Learning Camp: 970-524-2706: A summer camp full of rocky mountain adventure with daily practice of reading, writing and math for children with AD/HD.
 - ✓ www.additudemag.com : This website has answers for families living with attention disorders. Hundreds of articles address social, organizational, and learning skills as well as medical questions.
- Auditory Processing Disorders:
 - ✓ http://en.wikipedia.org/wiki/Auditory_processing_disorder : explanation of what this disorder is.
 - ✓ LSU Speech, Language, & Hearing Clinic: 1-225-578-9054: can diagnose what type of processing disorder your child has.
- Autism:
 - ✓ Autism Care & Treatment: <http://www.act-today.org> : Provides financial assistance for uncovered medical expenses to individuals with autism.
 - ✓ Autism Society: 1-800-328-8476: Provides information and referrals.
 - ✓ Books to help learn how to control Autism without the use of medications:
 1. "Dr. Chris' Natural Pharmacy" by Chris Greene
 2. "Gut and Psychology Syndrome" by Natasha Campbell-McBride
 - ✓ Center for Autism & Related Disorders: www.centerforautism.com : provides treatment for children with autism and related disorders in various locations across the country.
 - ✓ Cusps and Capabilities LLC: 872-9838: provides center based Applied Behavior Analysis to children with ASD and/or learning disabilities.
 - ✓ The Touchstone Center: 446-6833 or www.touchstoneABA.com : dedicated to providing the state of the science Applied Behavior Analysis (ABA) services to individual with autism.
 - ✓ United Healthcare Children's Foundation Grants: <http://www.uhccf.org> : 1-800-328-5979: child must be 16 years old or younger whose private health insurance either does not cover the service needed or has out of pocket costs that are unaffordable for the family.
- Birth Control:
 - ✓ Natural Family Planning: 850-3129 or www.ccli.org : The Couple to Couple League in our Diocese teaches couples how they can plan their pregnancies without the use of medication.
 - ✓ Hope Woman's Clinic: 504-496-0214: Dr. Susan Caldwell's goal is to reach out to Catholic women who want to live out their faith by using natural family planning methods.
- Birth Defects: March of Dimes/Birth Defects Foundation: 914-428-7100 or www.marchofdimes.com : can assist with information on before, during and after pregnancy as well as information on birth defects and genetics.

- Blindness:
 - ✓ Affiliated Blind of Louisiana: 1-800-319-4444 or www.affiliatedblind.org : They help a person to relearn life skills after they have lost their site. Other supports such as in home training and adaptive aids such as magnifiers and talking clocks to the elderly blind can also be requested.
 - ✓ American Foundation for the Blind/American Printinghouse: 1-800-232-5463 or www.familyconnect.org : provides information for families with children that are blind with resources on assistive technology, camps, youth clubs, support groups, daily living, etc.
 - ✓ Association of Blind Citizens: 1-781-961-1023 or http://www.blindcitizens.org/assistive_tech.htm : Provides financial assistance for assistive technology and/or services to individuals who have visual impairment.
 - ✓ Assistance Dog United Campaign: <http://www.assistancedogunitedcampaign.org/vouchers.html> : Provides vouchers to individuals who have the need for an assistance dog.
 - ✓ Guiding Eyes For the Blind: 1-800-942-0149 or www.guidingeyes.org : information on guide dogs for visually impaired.
 - ✓ National Library Service for the Blind and Visually Handicapped: 1-800-424-8567 or www.loc.gov/nls : they provide a free lending library of Braille and audio materials through the use of a postage free mailing system.
 - ✓ Xavier Society For the Blind: xaviersocietyfortheblind.org : a library that provides spiritual and religious reading materials in the Catholic tradition in braille and audio to the blind and visually impaired.
 - ✓ www.computersfortheblind.net : they assist the blind with free voice computers so they can operate a computer or surf the internet on their own.
- Brain Injuries: Brain Injury Association of Louisiana: 504-982-0685 or www.biala.org : provides information and resources for people with brain injuries.
- Brain Tumors:
 - ✓ National Brain Tumor Society: www.braintumor.org: Provides information about specific brain tumors and treatments, as well as a listing of support groups throughout the nation.
- Burn victims:
 - ✓ Shriners: 1-800-262-1587 (in Louisiana): Also assist children with any type of orthopedic problems.
- Cancer:
 - ✓ www.healingstrong.org: The mission of Healing Strong is to educate, encourage, equip and empower those facing cancer and other diseases with holistic, evidence-based non-toxic therapies. By giving them hope, and connecting them to local groups that can offer support and help. No one should have to heal alone, and we are doing everything in our power to help make those connections, educate the public, and ignite change – one group at a time.
 - ✓ American Cancer Society: www.cancer.org or 1-800-227-2345: May have donated supplies of Ensure or Jevity on hand – call to inquire.
 - ✓ American Institute for Cancer Research: 1-800-843-8114: They have a nutrition hotline where you can ask a registered dietician a question and have an answer within 72 hours of your call.
 - ✓ <http://www.burzynskiclinic.com> : a world-renowned cancer center that provides cutting-edge advanced cancer treatments including clinical trials.
 - ✓ Cancer Association of Greater New Orleans (Education and Research): 1-800-624-2039
 - ✓ www.cancerandcareers.org : have resources for working women with cancer for their employers, coworkers, and caregivers.
 - ✓ Cancer Hotlines:

1. Cancer Information Service: 1-800-422-6237: Call to speak personally with a cancer specialist for the most up to date information on new cancer therapies or to locate the latest clinical trial program with breakthrough treatments for your kind of cancer.
 2. Cancer Care: 1-800-813-4673: no matter where you live, this number puts the caller in touch with an oncology social worker who can help answer questions about coping with cancer.
 3. Cancer Support Hotline: 1-800-433-0464: Speak with someone who has experienced the same kind of cancer you have for advice and moral support.
- ✓ Cancer Hope Network: 1-800-552-4366: One to one emotional support on the telephone to cancer patients undergoing treatment.
 - ✓ Cancer Survivor's Network: <http://csn.cancer.org> : an online community that connects survivors, caregivers and other touched by cancer
 - ✓ Caps For Kids: www.capsforkids.org : dedicated to giving hats autographed by athletes, entertainers and other notable personalities to children, adolescents, and young adults who have lost their hair from medical treatment.
 - ✓ Colon Cancer:
 1. Colon Cancer Alliance - Blue Note Fund: 1-877-422-2030 or <http://www.ccalliance.org/get-support/screening> : Provides financial assistance to patients with colorectal cancer undergoing treatment.
 2. Figg Tree Foundation: <http://www.figtreefoundation.org/apply-for-funding.html>: Provides financial assistance for medical expenses to individuals who have colon cancer.
 3. Meredith's Miracles Colon Cancer Foundation: <http://merediths-miracles.org/what-we-do>: provides financial assistance to young adults undergoing treatment for colon cancer.
 - ✓ Colorectal Care Line: <http://www.colorectalcareline.org/> : Patient Advocate Foundation's Colorectal CareLine is a patient/provider hotline designed to provide assistance to patients who have been diagnosed with colorectal cancer and are seeking education and access to care. They also provide case management services.
 - ✓ Compassionate Friends: www.compassionatefriends.org : support group for families that have lost children to cancer or any other circumstance. See website for a listing of a local chapters.
 - ✓ Financial Assistance for various types of cancer:
 1. Actors Fund: 1- 800-221-7303 or www.actorsfund.org: Helps all professionals in entertainment and the performing arts. The Fund is a safety net, providing programs and services for those who are in need or going through a crisis or transition. It offers several services, including help attaining housing and health insurance, financial assistance for women in a medical crisis or those disabled by illness, intensive case management, referrals, support groups, and funeral/burial assistance.
 2. American Childhood Cancer Organization: 1-855-858-2226 or <http://www.acco.org>: provide emergency financial assistance for rent or mortgage payments, car repairs, transportation, pre-paid gas cards, groceries, parking, and more. ACCO maintains a list of other organizations to which eligible families may apply for financial assistance.
 3. Breast Cancer Assistance Program: 1-410-730-5105 or 1-844-219-2223 <http://www.abcf.org/programs/breast-cancer-assistance-program> : The American Breast Cancer Foundation provides direct financial assistance to uninsured and underserved women and men of all ages for breast cancer screening and diagnostic tests through the Key to Life Program. This

- includes annual screenings for women over 40, as well as support services for breast cancer patients.
4. Children's Leukemia Research Association: 516-222-1944 or <http://www.childrensleukemia.org/patient-aid-application.asp>: they assist with lab fees, x-ray therapy, chemotherapy or drugs for leukemia diagnoses only.
 5. Clayton Dabney Foundation For Kids With Cancer: 1-214-361-2600 or <http://www.claytondabney.org> : provides needy families with children in the last stages of cancer with assistance in creating everlasting memories.
 6. Help Hope Live: 1- 800-642-8399 or <http://www.helpohelive.org/>: Provides fundraising assistance to cancer patients in need of transplants. The Fund also provides limited financial assistance.
 7. Hope Lodge (American Cancer Society): <http://www.cancer.org/docroot/subsite/hopelodge/locations.asp> : provides housing free of charge to cancer patients and their families during their course of treatment. The lodge not only reduces the financial burden, but also provides a much-needed supportive environment.
 8. Little Star Foundation: 1-800-543-6565 or <http://www.littlestar.org> : Assist in providing financial support for medical expenses, food, transportation and lodging expenses, educational, funeral and other financial assistance means.
 9. Leukemia and Lymphoma Society of Louisiana: 1-888-290-0945 or 504-837-0945: provide a limited amount of financial assistance for people diagnosed with this disease.
 10. Lois Merrill Foundation: <https://www.thelmf.com>: Provides patients that have carcinoid or other types of rare cancers with assistance in the payment of medical expenses.
 11. Lymphedema: National Lymphedema Network: 1-800-541-3259 or <http://www.lymphnet.org>: The NLN Marilyn Westbrook Garment Fund provides funds for lymphedema appliances, compression sleeves/stockings, and alternative garments
 12. Lymphoma Research Foundation: www.lymphoma.org/site/pp.asp?c=bkLTkaOQLmK8E&b=6330919: they offer financial assistance for people who are undergoing treatment.
 13. Melonhead Foundation: <http://melonhead.org>: Supports the needs of children with cancer and their families who are seeking alternative methods of healing. The foundation also raises and disperses funds to patients for treatment needs and to the families for their personal needs.
 14. Mission 4 Maureen: 1-440-840-6497 or <http://mission4maureen.org> : Provides financial assistance for medical expenses to individuals or to families where an individual has brain cancer.
 15. National Children's Cancer Society: 800-532-6459 or www.children-cancer.com : N.C.C.S. is a non-profit organization whose mission is to provide direct financial support to children with cancer and their families, for expenses related to transportation and lodging for cancer treatment. They assist children from birth to age 18 and their families throughout the United States.
 16. Nicki Leach Foundation: 1-904-716-5394 or <http://www.nickileach.org> : provide modest financial assistance to young adults (16-25) afflicted with cancer.
 17. Pink Fund: 1-877-234-7465 or <http://thepinkfund.org> : distributes short-term financial aid, for basic living expenses, on behalf of breast cancer patients who have lost all or a part of their income during active

treatment. Aid may be available for patients during recovery, up to 90 days post active treatment.

18. SamFund for Young Adult Survivors of Cancer: 1- 617-938-3484: <http://www.thesamfund.org/what-we-do/grants> : Provides financial assistance for post-treatment expenses to individual's ages 17-35 years that have cancer.
 19. Sarcoma Alliance: <http://sarcomaalliance.org> : offers financial assistance to people diagnosed with Sarcoma as well as information on available treatments and clinical trials.
 20. Sister's Network: 1- 866-781-1808 or <http://www.sistersnetworkinc.org/programs.html> An African American Breast Cancer Survivorship Organization: provides financial assistance for medical related lodging, co-pay, office visits and prosthesis. This program also provides free mammograms for women.
 21. Tigerlily Foundation: 1- 888-580-6253 or <http://tigerlilyfoundation.org/programs> : support for young women ages 15 – 40 before, during and after breast cancer with nutritious meals and financial aid.
 22. Where There's A Need: 1-718-529-3638 or <http://wheretheresaneed.org> : Provides hair and headwear for those who experience hair loss.
 23. Wigs For Kids: 1- 440-333-4433 or <http://www.wigsforkids.org> : Provides hair replacement systems to children with hair loss due to medical treatments, health conditions, or burn accidents.
 24. www.cancercares.org : provides limited financial assistance for medications and supplies.
- ✓ Copayment Assistance:
1. American Kidney Fund: 1-800-638-8299 or www.kidneyfund.org : helps with health insurance premiums, and other [treatment-related expenses](#) that insurance will not cover.
 2. Assistance Fund: 1-855-845-3663 or <http://theassistancefund.org/> : Assists with co-pays, deductibles and health insurance premiums for certain cancer diagnoses.
 3. Cancer Care Co-Payment Assistance Foundation: 1-866-552-6729 or http://www.payingforseniorcare.com/longtermcare/resources/cancer_co-payment_assistance.html : this organization may assist with the co-payment costs for medications or procedures associated with the patient's cancer diagnosis.
 4. Good Days: Chronic Disease Fund Assistance Program: 1-877-968-7233: they provide assistance to people diagnosed with a chronic or life altering disease (CD fund approved therapies only) with their medication copayments.
 5. Clostridium Difficile Associated Diarrhea (CDAD) Copay Assistance Program: 1-855-845-3663 or <http://www.assistfund.org> : Provides financial assistance for co-payments for patients who have been diagnosed with Clostridium Difficile Associated Diarrhea (CDAD).
 6. Health Well Foundation: 1-800-675-8416 or <http://www.healthwellfoundation.org> : This program helps pay for medical expenses including: medications, co-payments, insurance premiums or other out-of-pocket healthcare costs.
 7. Leukemia and Lymphoma Society: www.lls.org/#/diseaseinformation/managingyourcancer/newlydiagnosed/finances/healthcarecoverage/financialaid/ : They offer two programs to assist people with their medical expenses:

- [The Patient Financial Aid Program](#) provides a limited amount of financial assistance to help patients with significant financial needs that are under a doctor's care for a confirmed blood cancer diagnosis.
 - [The Co-Pay Assistance Program](#) offers financial assistance to eligible patients who find it difficult to afford their health plan co-pays for treatment or health insurance premiums. Funds are available for specific blood cancer diagnoses.
- 8. National Organization for Rare Disorders:
<http://www.rarediseases.org/patients-and-families/patient-assistance> : They assist with medications needed for many different types of diseases...check the website for complete information.
- 9. Patient Advocate Foundation: 1-800-532-5274 or www.patientadvocate.org : Offers assistance to patients with specific issues they are facing with their insurer, employer and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis of life threatening or debilitating diseases. They have professional case managers and attorneys who specialize in mediation, negotiation, and education, advocate on behalf of patients.
 - Patient Advocate Foundation Co-Pay Relief: 1-866-512-3861 or www.copays.org : The Patient Advocate Foundation (PAF) Co-Pay Relief Program (CPR) currently assists insured patients who are financially and medically qualified and are being treated for breast, lung, lymphoma and cutaneous t-cell lymphoma, prostate, kidney, colon, pancreatic, head/neck cancers, malignant brain tumor, sarcoma, diabetes, multiple myeloma, myelodysplastic syndrome (and other pre-leukemia diseases), osteoporosis, pain, hepatitis C, rheumatoid arthritis, selected autoimmune disorders and CIA/CIN.
- 10. Patient Services Inc.: 1-800-366-7741 or <https://www.patientservicesinc.org> : this program has helped people who live with certain chronic illnesses or conditions locate suitable health insurance coverage and access ways to satisfy expensive co-payments. PSI provides assistance with the cost of health insurance premiums associated with COBRAs, State High Risk Pools, Open Enrollment Guaranteed Issue Policies, HIPAA Conversion Policies; and prescription co-payments associated with private insurance as well as with Medicare parts B and D.
- 11. The National Marrow Patient Assistance Program & Financial Assistance Fund: 1-888-999-6743: To qualify, you must have used the National Marrow Patient Assistance Program's donor registry to find your marrow transplant donor. In addition, the transplant must have been "unrelated," meaning that your donor is not a family member.
- ✓ First Connection: The Leukemia & Lymphoma Society: 1-888-290-0945: connects blood cancer survivors with newly diagnosed individuals to offer support and encouragement. Family support groups are also offered. Financial aid is also available.
- ✓ Hospice: assists with hospital beds, medicine and other medical needs of the patient who has been diagnosed with an illness that is not going to get better.
 1. Heart of Hospice: 1-337-828-2678
 2. H.L. Haydel Memorial Hospice: 655-1020
 3. Hospice of South LA: 868-3095
 4. Journey of the Shores Hospice: 223-1865
 5. Notre Dame Hospice: 360-0060 (Catholic, Non-Profit)
 6. St. Joseph Hospice of Bayou Region: 447-0095

7. St. Catherine Hospice: 985-651-9733
- ✓ Locks of Love: 1-888-896-1588 or <https://locksoflove.org>: provides hairpieces to financially disadvantaged children under age 21 suffering from long-term medical hair loss from any diagnosis.
 - ✓ Marti Nelson Cancer Foundation: <http://www.canceractionnow.org>: helps cancer patients identify treatment options to consider if standard treatment for their cancer does not help them.
 - ✓ National Cancer Institute: <https://www.cancer.gov>: information on different types of cancer, treatments, etc.
 - ✓ Reach To Recovery: <http://www.cancer.org/treatment/supportprogramsservices/reach-to-recovery>: links breast cancer survivors with patients to provide one-on-one support and information.
 - ✓ Well Spouse Association: 1-800-838-0879: Offers support to the partners of the chronically ill.
- Cerebral Palsy:
 - ✓ Chanda Plan Foundation: 1-800-766-4255 or <http://www.thechandaplanfoundation.org>: provides financial assistance for integrative therapies not covered by insurance for people with cerebral palsy.
 - ✓ United Cerebral Palsy Association: 1-800-872-5827 or www.ucp.org: their mission is to provide the independence, productivity, and full citizenship of people with disabilities by providing them with educational materials, resources and referrals.
 - Chronic Fatigue Syndrome (Me/CFS):
 - ✓ Bent But Not Broken: <http://bentbutnotbroken.org>: Provides information for ME/CFS patients and their caregivers.
 - ✓ ME/CFS Initiative: 1-704-365-2343 or <https://solvecfs.org>: provides information on the diagnosis, symptoms and treatments.
 - Chronic Illness:
 - ✓ Chronic Pain: Chronic Pain Association: 1-800-533-3231 or www.theacpa.org: Offers support and information for people suffering with chronic pain.
 - ✓ National Institutes of Health: 1-800-370-2943 or www.nih.gov: provides information and referrals regarding chronic illness
 - ✓ www.superbetter.com: SuperBetter is a free online game that helps you achieve your health goals — or recover from an illness or injury — by increasing your personal resilience. Resilience means staying curious, optimistic and motivated even in the face of the toughest challenges.
 - Colostomy: ConvaTec Ostomy Access Program: 1-800-422-8811: can provide free colostomy supplies for individuals that meet the program guidelines and have no insurance.
 - Craniofacial Abnormalities:
 - ✓ Children’s Craniofacial Association: 1-800-535-3643: they assist with travel costs associated with surgeries needed for children with craniofacial abnormalities.
 - ✓ My Face: 1- 212-263-6656 or <http://myface.org>: Provides financial assistance to families with children with facial deformities.
 - ✓ National Craniofacial Association: 1-800-332-2373 or <http://www.faces-cranio.org>: Provides financial assistance for travel expenses for treatment for craniofacial conditions.
 - ✓ World Craniofacial Foundation: 1-800-533-3315 or <http://www.worldcf.org>: Provides financial assistance to families with a child who has head and face deformities.
 - Crohn’s Disease:
 - ✓ Assistance Fund: 1-855-845-3663 or <http://theassistancefund.org/>: provides copayment assistance for people with private insurance.

- ✓ Crohn's & Colitis Foundation of America (CCFA): 1-888-694-8872 or <http://www.ccfa.org> : helps to explain what the condition is and treatments that are available.
- Cystic Fibrosis:
 - ✓ Assistance Fund: 1-855-845-3663 or <http://theassistancefund.org> : provides copayment assistance for people with private insurance.
 - ✓ Boomer Esiason Foundation: 1- 646-292-7930 or <http://esiason.org> : Provides financial assistance for non-medical expenses to individuals who have cystic fibrosis.
 - ✓ Cystic Dreams Fund: 1-978-290-0635 or <http://www.cysticdreamsfund.com> : Provides financial assistance to individuals who have a cystic fibrosis.
 - ✓ Cystic Fibrosis Foundation: 1-800-344-4823: provides assistance with medications, equipment, and medical care.
- Depression:
 - ✓ Mental Health Centers: offer free counseling for individuals with severe depression:
 1. Jeff Care Community Health Center: 504-349-8708 (afterhours crisis care: 504-832-5123)
 2. South Central LA Human Services Authority (Lafourche Center): 537-6823
 3. South Central LA Human Services Authority (St. Mary Clinic): 985-380-2460
 4. South Central LA Human Services Authority (Terrebonne Behavioral Health): 857-3615
 - ✓ [Promoting Mental Health at Home: How to Design the Perfect Meditation Room at Home](#)
 - ✓ www.superbetter.com : Super Better is a free online game that helps you achieve your health goals — or recover from an illness or injury — by increasing your personal resilience. Resilience means staying curious, optimistic and motivated even in the face of the toughest challenges.
- Developmental Disabilities:
 - ✓ Office of Citizens With Developmental Disabilities (OCDD) with South Central Louisiana Human Services Authority: 876-8805: They assist adults that had developmental disabilities that began before the age of 19 with living assistance, etc.
 1. **Note:** Be specific with your requests for help when you call them. There are waiting lists for all of the services (some short, some longer), but if you tell them all of the things you are needing for your child, it might help you to get some services quicker than others (in other words, there is not just one list a name can be placed on to get assistance.)
- Diabetes:
 - ✓ Advanced Diabetes Supply: 1-866-422-4866: covers all Medicare Part B diabetic supplies and will ship them to your door free of charge to you.
 - ✓ American Diabetes Association: www.diabetes.org : has information of all types to assist people with living with their diabetes diagnosis.
 - ✓ CR3 Diabetes Association: <https://www.cr3diabetes.org>: provides medical devices and supplies to those unable to afford the cost.
 - ✓ Juvenile Diabetes Research Foundation: <https://www.jdrf.org>: provides information on diabetes, treatment and clinical trials.
 - ✓ Edgepark Medical Solutions: <https://www.edgepark.com/patient-transition>: offers free home delivery of diabetes and ostomy supplies.
 - ✓ <https://www.freedommedicalservices.com>: offer free home delivery of diabetes supplies.
 - ✓ The Medical Team: 872-6666: they have assist people in learning about the disease and have dieticians available to help people learn how to eat properly for this disease.
 - ✓ www.glycemicindex.com : helps a person to determine if the foods they eat are more harmful to their health than good...glycemic index of foods you eat is included.

- Diapers/urinary assistance:
 - ✓ Cloth diapers for adults: www.adultclothdiaper.com
 - ✓ Cloth pull up diapers for adults: www.llmedico.com
 - ✓ Cloth diapers with snaps for babies: www.motherease.com
 - ✓ www.fishershops.com : offers washable padded panties – the perfect solution to light, moderate, or heavy incontinence issues.
 - ✓ <https://www.freedommedicalservices.com/catheters-and-uological-supplies> : they will ship to your home free if you have Medicare or private insurance that pays for these supplies.
- Disabled Children and Adults:
 - ✓ Abledata Database of Assistive Technology: 1-800-227-0216 or www.abledata.com : Includes a database listing of 23,000 assistive products and rehabilitation equipment for people with disabilities.
 - ✓ Bayouland Families Helping Families: 447-4461: offers the resources needed for families with special need children or adults; also has parent to parent support groups for parents with disabled children.
 - ✓ AT&T Lifeline Program: 1-800-377-9450: If the person is eligible for food stamps/SNAP, LIHEAP, Medicaid, federal public housing or SSI, they can get discounts on their local phone service connections (new service or transferring to a new address) and monthly phone charges.
 - ✓ Camps and Vacation Opportunities for the disabled:
 1. Aspen Education Group: 1-888-972-7736 or <http://aspeneducation.crchealth.com>: innovative wilderness programs and residential schools for struggling youth such as those with AD/HD, ADD, Poor Academics, Chemical or Substance Abuse, Social or Family Difficulties, Emotional and Mental Health Issues, Low Self-Esteem, or Depression
 2. Department of Transportation Hotline: 1-800-778-4838 or 1-800-455-9880 (TTY): Assists disabled travelers with general information about their rights on airlines, etc.
 3. Epilepsy Foundation of Louisiana: 1-800-960-0587 or www.epilepsylouisiana.org: Summer camp is held annually at Medcamps of Louisiana. This is a great opportunity for children with epilepsy to have a safe, fun camp experience. Camp is open to all kids with epilepsy ages 7-16.
 4. First Descents: <https://firstdescents.org>: offers young adult cancer fighters and survivors a free outdoor adventure experience designed to empower them to climb, paddle and surf beyond their diagnosis, defy their cancer, reclaim their lives and connect with others doing the same.
 5. Frontier Travel Camp, Inc.: 1-866-750-2267 or www.frontiertravelcamp.com: a camp experience for young adults ages 15-35 years old that have special needs.
 6. Summit Camp and Travel Programs: www.summitcamp.com: for youth ages 7-17 years old with Attention Deficit Disorders and/or Learning Disabilities.
 7. The Learning Camp: 1-970-524-2706: a summer camp full of rocky mountain adventures with daily practice in reading, writing and math for children with AD/HD.
 - ✓ Canine Companions For Independence: www.caninecompanions.org: Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing them with highly-trained assistance dogs and ongoing support to ensure quality partnerships.

- ✓ My Gym Challenged America: 1-818-907-6966 x117 or <https://www.challengedamerica.com>: Provides financial assistance for assistive technology devices and/or services to children who have physical/cognitive disabilities.
- ✓ Health Services: 447-0896: is a program for children in Louisiana with special health care needs. A child with special needs is:
 1. a child with a health problem that affects how the child grows, moves, and acts, **AND**
 2. a child who needs more health services than most other children.
- ✓ Citizens with Developmental Disabilities: 876-8805: Provides a wide range of resources for people who became developmentally challenged before the age of 18.
- ✓ Clothing For Ill or Disabled People:
 1. Buck & Buck Designs: 1-800-458-0600: Clothing for disabled or elderly people that is made especially for their disabilities or www.buckandbuck.com
 2. www.wardrobewagon.com
 3. www.clothingsolutions.com
 4. www.zcoil.com: shoes only: these shoes aren't ordinary shoes as they have springs that can help knee and back suffers with their pain.
- ✓ Early Steps Intervention Program for children ages birth to age three: 447-6550: Any worrisome physical or behavioral conditions viewed by the parent can be evaluated by this agency and assistance given to help correct this condition. Once the call is placed, a worker will come to your home to do the evaluation of your child.
- ✓ Easter Seals: 449-1021 or <http://louisiana.easterseals.com>: Easterseals' Support Coordinators not only help people with disabilities locate services and assistance, but will play an active role in the coordination of services to ensure that each individual's needs are being met.
- ✓ Gulf Coast Social Services: 851-4488: provides comprehensive human service programs to people who are physically or mentally challenged.
- ✓ Invisible Disabilities Advocate (AAPD): www.myida.org: this site is designed to help friends and family develop a better understanding of disabling illness or injury. Helps to answer the exclamation most heard by chronic pain sufferers: "But you look fine to me!"
- ✓ Is a lack of muscle control preventing you from being able to communicate effectively? If so, there are speech generating devices that can help! By using eye movement, a person can form words and sentences to communicate their needs to others: <http://www.tobii.com>.
- ✓ LATAN: 1-800-270-6185: they provide loans for people who are disabled and need help in purchasing assisted living devices
- ✓ Louisiana Aging & Disability Information Station: 868-8411 ext. 258 or www.LouisianaAnswers.com: A one stop source of information for people with disabilities or age related needs that helps to locate assistance programs for any type of requests the person may have.
- ✓ Louisiana Rehabilitation Services: Assists the disabled with whatever is needed for them to obtain employment (could include hearing aids, wheelchairs, tuition, books, etc.):
 1. Lafourche/Terrebonne: 857-3652
 2. St. Mary: 337-262-5353
- ✓ Miracle Ear Children's Foundation: 1-800-234-5422 or <http://www.mnplan.state.mn.us/star/program.html?Id=18>: Provides hearing aids to children whose families do not qualify for public assistance and do not have private health insurance.
- ✓ Options For Independence: 868-2620: www.optionsforindependence.com: assistance for individuals with disabilities that need counseling or affordable housing.

- ✓ START Corporation: 879-3966: provides affordable housing for disabled adults. They also have a day time “clubhouse” for persons with mental or physical disabilities to participate in social and educational activities.
- ✓ The Center: 632-5671: Adults that are 21 years or over that live in the South Lafourche area and need support or an all day program in which to interact with the community and friends.
- ✓ The Guided Tour, Inc: www.guidedtour.com: they provide vacation experiences for persons with developmental and physical challenges.
- ✓ www.fathers.com: provides practical, research-based training and resources that equip men in virtually every fathering situation to be the involved fathers their children need
- ✓ www.ncpad.org or 1-800-900-8086: among other things, this website provides exercise guidelines for people with various types of disabilities.
- Down Syndrome:
 - ✓ UpsideDowns: <http://upside-downs.org>: Upside Downs, Inc. is a nonprofit organization committed to helping the Down syndrome community through new parent support, recreational activities, raising awareness and advocating for a brighter future. We are a local affiliate of the [National Down Syndrome Society](#) and the [National Down Syndrome Congress](#). Our goal is to promote the “Upside” and positive aspects of Down syndrome and further our belief that Anything is possible with Down syndrome.
- Drug Abuse/Addictions:
 - ✓ A Place of Restoration: 985-772-1168: 9 month in-house faith based treatment center for men.
 - ✓ Acadiana Cares: 337-233-2437: Offers support services for people with substance abuse issues.
 - ✓ Alanon Information Services: 1-888-684-6444 or www.al-anon.alateen.org
 - ✓ Assisi Bridge House: 872-5529: Offers a substance abuse recovery halfway house and supervised independent living program for adult males.
 - ✓ Bayou Council on Alcoholism and Drug Abuse: 446-0643
 - ✓ Capstone Treatment Center: 1-501-729-4479: located in Arkansas, they offer a Christ-centered residential treatment program for adolescent males ages 14-25.
 - ✓ Claire House: 395-2424: Residential treatment center for women who are chemically dependent and have children who are age birth to 10.
 - ✓ Fairview Treatment Center: 985-395-6750: In patient substance abuse treatment facility for persons over the age of 18.
 - ✓ Gateway Foundation: 504-368-9935: Residential substance abuse treatment.
 - ✓ Lake Wellness Center: 1-888-488-5253: offers outpatient addiction services.
 - ✓ Mothers Against Drunk Driving: 225-926-0807 or www.madd.org: Provide crisis intervention, group therapy, information help line and legal information.
 - ✓ Options For Independence: 868-2620: offers adolescent behavioral health services.
 - ✓ River Oaks Hospital: 504-734-1740: Treatment is provided to persons of all ages suffering with an addiction. Services include inpatient, partial hospitalization and intensive outpatient intervention.
 - ✓ South Central LA Human Services Authority (St. Mary Clinic): 985-380-2455
 - ✓ Substance Abuse Information Line: 1-800-662-4357
 - ✓ South Central LA Human Services Authority (Terrebonne Behavioral Health): 857-3615
 - ✓ START Corporation: 985-333-2020: offers treatment of addictions to adolescents and adults.
 - ✓ <https://drugfree.org/article/what-are-the-treatment-options>: provides descriptions for the different types of treatment that are available.
 - ✓ <https://www.rehabspot.com/treatment/clinical/types-of-therapy>: describes some of the different types of therapy that can be used to heal addiction.

- ✓ <https://findtreatment.gov/>: provides assistance in finding treatment options for substance abuse near you.
- ✓ <https://www.lifeworks.com/blog/12-step-programs-for-alcohol-and-drug-addiction>: explains what the 12 Step Program is.
- ✓ <https://drugabuse.com/treatment/medication-assisted-treatment> : explains the types of medication used when treating substance abuse.
- ✓ <https://www.hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html>: discover what help is available if your health insurance plan has denied your substance abuse claim.
- ✓ <http://www.familyrecoveryolutions.com/articles/the-alcoholic-addicts-art-of-self-sabotage>: this website can give valuable insights to family members living with a person with addictions.
- ✓ <https://www.sbtandd.com/why-exercise-helps-promote-recovery>: explains how exercise is an important during the treatment of substance abuse.
- ✓
- ✓ <https://www.gaia.com/article/addiction-recovery-through-yoga>: discusses how yoga exercise has proven to be an effective part of treating addiction.
- ✓ <https://www.ridgefieldrecovery.com/treatments/related/faith-and-spirituality-in-recovery> : speaks about the importance of faith and spirituality in substance abuse recovery.
- ✓ <https://www.valiantliving.com/5-ways-to-get-better-sleep-in-addiction-recovery>
- Dyslexia:
 - ✓ Cusps and Capabilities LLC: 872-9838: provides center based Applied Behavior Analysis to children with ASD and/or learning disabilities.
 - ✓ International Dyslexia Association: 1-800-222-3123: www.interdys.org : Provides information and resources to parents, educators, students and the community in a way that creates a clear and positive understanding of dyslexia and related language learning disabilities.
 - ✓ Nicholls State University Center for Dyslexia: 448-4214
 - ✓ The Learning Center of Houma: 985-772-4756: Their mission is to educate the community on the characteristics of dyslexia and to provide tutoring that will enable students to overcome their academic struggles.
- Eating Disorders:
 - ✓ National Association of Anorexia Nervosa and Related Disorders: www.anad.org: dedicated to preventing eating disorders, information can be found to locate therapists, support groups and treatment programs.
 - ✓ National Eating Disorders Association: www.nationaleatingdisorders.org or 1-800-931-2237: provides education, resources and support for those affected by eating disorders.
- Edema:
 - ✓ <http://clarkenterprises2000.com> : Exerciser Elite® Passive Exerciser: helps to increase circulation, oxygenate the blood, and move the lymph fluid to prevent swelling in the extremities.
 - ✓ <http://www.easyrest.com> : these adjustable beds helps to ease the swelling of the lower legs by keeping your legs and feet elevated while you sleep.
- Epilepsy:
 - ✓ Epilepsy Foundation of Louisiana: 1-800-960-0587 or www.epilepsylouisiana.org : they assist with enrolling patients in pharmaceutical programs so that the medications may be obtained free of charge to the patient. They also provide summer camp experiences for children ages 7-16.

- ✓ Epilepsy Foundation of America: 1-800-332-1000 or www.epilepsyfoundation.org : provides information about epilepsy, how to live with this disorder, summer camp information for children with epilepsy and much more.
- Eye Diseases and Eyeglasses:
 - ✓ Assist Fund: 877-245-4412 or <http://theassistancefund.org> : they provide co-pay assistance for people with private insurance that have wet eye age related macular degeneration.
 - ✓ www.39dollarglasses.com : 1-800-672-6304: this site allows a person to purchase frames and prescription lenses or contacts for only \$39! Doctor's visits are not included.
 - ✓ American Foundation For the Blind: www.afb.org or 1-212-502-7600: provides information on the various diseases that can cause blindness in adults as well as children.
 - ✓ Eye Care America: 1-877-887-6327 or <https://www.aao.org/eyecare-america> This program ensures that every senior has access to medical eye care and provides FREE annual, dilated eye exams. To qualify, you must be age 65 and older, US citizen or legal resident, have not seen an ophthalmologist in three or more years, and do not belong to an HMO or the VA
 - ✓ Southern Eyecare Center: 872-5577: 446 Corporate, Houma: people without medical insurance can get an appointment to get free eye exams, glasses, medications and eye surgeries. Must meet income criteria.
 - ✓ Lions Clubs: www.lionsclubs.org : On the second Tuesday of every month between 9am to Noon at the Evergreen Community Center, the Lions's Club Eye Doctors are available to see people who are in need of getting eye care and eyeglasses. People in need must contact a local Lions Club member to obtain an application before going to the Evergreen Community Center. Morgan City residents should contact their Chamber of Commerce for assistance.
 1. Bourg Lions Club: 868-1415
 2. Chauvin Lions Club: 232-0125
 3. Chauvin T-Caillou Lions Club: 876-1444
 4. East Houma Lions Club: 665-4662
 5. Evergreen Lions Club: 223-1593
 6. Golden Meadow Lions Club: 798-7792
 7. Houma Terrebonne Lions Club: 381-9119
 8. Houma Lions Club: 855-4136
 9. Lockport Lions Club: 532-5063
 10. Montegut Lions Club: 856-2004
 11. Morgan City Lions Club: contact St. Mary Chamber of Commerce: 985-384-3830 for assistance.
 12. Raceland Lions Club: 206-9600
 13. Schriever Lions Club: 768-2394
 14. Thibodaux Lions Club: 466-5268
 - ✓ New Eyes For The Needy: www.neweyesforheneedy.org : Must meet poverty guidelines of the program. Provides vouchers for the purchase of new prescription eyeglasses.
 - ✓ Sight for Students: 1-888-290-4964: provides eye exams and glasses to children ages 18 or younger whose parents meet the poverty guidelines stated and have no insurance.
 - ✓ The United Healthcare Children's Foundation: 1-800-328-5979 ext. 24459: offers support to meet the needs of children nationwide with assistance grants for medical services not fully covered by health insurance. Some examples of assistance that can be provided include speech therapy, physical therapy and psychotherapy sessions; medical equipment such as wheelchairs, braces, hearing aids and eyeglasses; orthodontia and dental treatments.

- Food Sensitivities: Holistic Health Medical Center: 223-3811 or <https://www.alcat.com>: they provide blood testing that helps to determine which foods can cause your body to react in a negative way. The Alcat Test is a lab based immune stimulation test in which a patient's WBC's are challenged with various substances including foods, additives, colorings, chemicals, medicinal herbs, functional foods, molds and pharmaceutical compounds. The patient's unique set of responses help to identify substances that may trigger potentially harmful immune system reactions.
- Headaches: National Headache Foundation: 1-312-274-2650 or www.headaches.org: provides resources and information.
- Hansen's Disease: National Hansen's Disease Program: 1-800-642-2477: provides medication free of charge to people with this disease.
- Health Information:
 - ✓ Health medical score: 1-866-692-6901 or www.mib.com: they can provide you with a report that details the risk you might be to an insurance company based on the medical conditions you have.
 - ✓ National Health Information Center: <http://www.health.gov/nhic>: NHIC helps connect health professionals and consumers to the organizations that can best answer their questions by providing up-to-date contact information for the most reliable resources.
 - ✓ www.webmd.com: a wide variety of information on various health issues can be obtained to help a person better understand their condition.
- Health Units: provide vaccinations, various other health services.
 - ✓ Lafourche Parish:
 1. Thibodaux: 447-0921
 2. Galliano: 632-5567
 - ✓ St. Mary Parish: 985-380-2441
 - ✓ Terrebonne Parish: 857-3601
- Hearing:
 - ✓ American Speech Language Hearing Association: 1-800-638-8255 or www.asha.org: provides information about speech and language disorders, treatments, and provider listings.
 - ✓ Baton Rouge Speech and Hearing Foundation: 225-343-4232: Offer diagnostic and therapeutic co-ed services for children and adults with speech and/or hearing difficulties. Includes daily classes for preschool autistic, language delayed, and learning disabled or hearing-impaired child. Sliding scale, private insurance, or Medicaid accepted.
 - ✓ Dogs For The Deaf: <https://www.dogsforbetterlives.org>: Non-profit organization that provides professionally trained "hearing dogs" to hearing impaired individuals for free.
 - ✓ Hands and Voices: 1-337-515-5774 or www.handsandvoices.org: A parent-driven, non-profit organization providing families with the resources, networks, and information they need to improve communication access and educational outcomes for their hearing impaired children.
 - ✓ Hearing Aids: offer low cost hearing aids:
 1. Audient: 1-866-956-5400 (ask for Audient) or www.audientalliance.org: a nationwide program available to help any age person whose household income is up to 250% above the poverty level with the cost of hearing aids.
 2. Audibel Hearing Health Center: 872-4664: They can assist patients in applying for low cost hearing aids direct from the hearing aid manufacturer (income limits apply).
 3. Help America Hear Program: <https://helpamericahear.org>: provides assistance with the cost of hearing aids for low income people. There is a charge per hearing aid the individual in need would pay as well.

4. LATAN: 1-800-270-6185: they provide loans for people who are disabled and need help in purchasing assisted living devices.
 5. Louisiana Commission for the Deaf: 1-800-256-1523: a phone tax placed on everyone's phone bill helps to fund this program. There is a long waiting list, but it is worth getting your name down since time can pass quickly. Must be 50 years of age or older and have at least a 40 decibel loss in the better ear. Income guidelines apply.
 6. Louisiana Rehabilitation Services: for any person who is employed and are within income guidelines, they can receive free hearing aids if there are funds available:
 - Lafourche/Terrebonne: 857-3652
 - Morgan City: 337-262-5353
 7. Miracle Ear Children's Foundation: 1-800-234-5422 or www.miracle-ear.com : Provides hearing aids to children whose families do not qualify for public assistance and do not have private health insurance.
 8. Starkey Hear Now Program: 1-800-328-8602 or www.starkeyhearingfoundation.org : they assist low income families with hearing aids for a reduced fee.
 9. United Healthcare Children's Foundation Grants: <http://www.uhccf.org> : 1-800-328-5979: child must be 16 years old or younger whose private health insurance either does not cover the service needed or has out of pocket costs that are unaffordable for the family.
 10. www.hearingaidbatteryshop.com : purchase hearing aid batteries cheaper!
- ✓ Telephones for the hearing impaired:
 1. Louisiana Commission for the Deaf: 1-800-256-1523: Amplified telephones are given free of charge to those who can bring in documentation from their doctor showing the amount of disablement they have. They also provide free amplified telephone equipment, TDD machines, flashing lights, and hearing aids for individuals that have doctor's documentation of disability. They also provide information for hearing aid users as to which type of cell phone is compatible with their hearing aid. This free service is made possible through the five-cent tax found on all telephone bills in the state of Louisiana.
 2. Louisiana Assistive Technology Access Network: www.latan.org : a database of agencies that will loan out assistive devices.
 - ✓ Travelers Protective Association of America: 1-636-724-2227 : provides financial aid to children and adults who suffer deafness or hearing impairment and who need assistance in obtaining mechanical devices, medical or specialized treatment or specialized education as well as speech classes, note takers, interpreters, etc. and in other areas of need that are directly related to hearing impairment.
 - Heart Association: American Heart Association/Louisiana: 1-800-242-8721: lots of information on heart disease and wellness.
 - Hemophilia: National Hemophilia Foundation: 212-328-3700: learn the facts about bleeding and clotting disorders, find out about blood safety, and locate clinical trials.
 - Hepatitis: Hepatitis Foundation International: <https://hepatitisfoundation.org>: they educate people by providing the latest and most reliable information so people can make informed choices.
 - Incontinence:
 - ✓ Bladder Problems: National Association for Continence: 1-800-252-3337 or www.nafc.org : facts on bladder and bowel health.

- ✓ www.fishershops.com : offers washable padded panties – the perfect solution to light, moderate, or heavy incontinence issues.
- Insurance Denials: If you have been denied insurance for any medical reason, check to see if the information in your medical file is correct. Write to: Medical Information Bureau, P.O. Box 105, Essex Station, Boston Massachusetts or visit online at www.mib.com
- Kidney Problems:
 - ✓ American Association of Kidney Patients: <https://www.aakp.org> : has books in their store that can be downloaded to help patients recently diagnosed with kidney disease understand what they are facing; understand treatment options, and how to speak with their doctors.
 - ✓ American Kidney Fund: 1-800-638-8299 or www.kidneyfund.org : helps with health insurance premiums, and other [treatment-related expenses](#) that insurance will not cover.
 - ✓ National Kidney Foundation – Prescription assistance program
http://kidney.org/patients/resources_Prescription
 - ✓ <http://www.davita.com/kidney-disease> : explains what the different kidney disease stages are and provides information on how best to care for your health with this disease.
- Living Wills (Advanced Directives): www.caringinfo.org : see website for free state specific forms.
- American Lung Association: 1-800-586-4872 or www.lungusa.org: information on lung health and disease.
- Lupus Foundation of America: 1-800-558-0121 or www.lupus.org : provides information on what the disease is, how to live with it, and clinical trial information.
- Medical Equipment:
 - ✓ Children’s Special Health Services: 447-0896: is a program for children in Louisiana with special health care needs . Medical Equipment is available for them. A child with special needs is:
 1. a child with a health problem that affects how the child grows, moves, and acts, **AND**
 2. a child who needs more health services than most other children.
 - ✓ CPAP Machines: Second Wind CPAP: 1-855-263-2727 or <https://www.secondwindcpap.com>: get a new or used CPAP machine at a reduced cost!
 - ✓ Friends of Man: 1-303-798-2342 or <http://www.friendsofman.org> : assists disabled individuals with the costs of obtaining medical equipment. Must have a social service agency to assist with this application.
 - ✓ Wheel To Walk Foundation: 1-503-257-1401 or <http://wheeltowalk.com>: helps children and young adults (21 years and younger) with disabilities obtain medical equipment or services that is not provided by their insurance companies.
- Medical Expenses:
 - ✓ Care Card: www.carecredit.com or 1-866-893-7864: offers interest free financing for up to 20 months for medical procedures that need to be paid for out of pocket. Minimum payment must be paid on time each month or a huge interest rate applies to the amount borrowed.
 - ✓ Fighting Back Scholarship Program: 1-610-688-8868 or <http://www.fightingbacksp.org/index.html> : Provides financial assistance for rehabilitation to individuals who have a life changing illness or injury.
 - ✓ Medicaid Spend Down Program: If the medical expenses exceed or equal to at least 3 times the amount of yearly take home pay, Medicaid may be able to assist with some of the costs of extreme medical situations.
 1. Medicaid in Lafourche;, St. Mary, & Terrebonne: 1-877-252-2447

- ✓ National Association of Injured and Disabled Workers Grants Program: <https://naidw.org>: Provides short-term financial assistance to injured and disabled workers and their families as a result of injury, disability or illness.
- ✓ www.gofundme.com : helps to raise money for medical expenses for a person in need.
- Medical Housing:
 - ✓ Joe's House: 1-877-563-7468 or <http://www.joeshouse.org> : Joe's House is an online nationwide service that helps cancer patients and their families find lodging near treatment centers.
 - ✓ National Association of Hospital Hospitality Houses: 1-800-542-9730 or <https://www.hhnetwork.org>: Provides family-centered lodging and support services to families and their loved ones who are receiving medical treatment far from home.
 - ✓ Ronald McDonald House Charities: www.rmhc.org : Houses families of critically ill children who are being treated at area hospitals.
- Medical Transportation:
 - ✓ ACC Medlink: 1-800-225-9391: <https://medic-trans.com>: they provide long distance ground medical transport services from state to state.
 - ✓ Air Care Alliance: 1-888-260-9707 or www.aircareall.org : Provides the only central listing of all known groups whose members perform free public benefit flights for patient transport and other missions of public service
 - ✓ Mercy Flight Southeast Air Life Line: www.aircharitynetwork.org or 1-877-621-7177: can find free transportation for medical appointments at specialized medical facilities in all 50 states.
 - ✓ Angel Wheels: 1-800-768-0238 or www.angelwheels.org: provides compassionate, non-emergency long distance ground transportation to those in need.
 - ✓ Angel Flight: 1-800-989-2602: Free air transportation for patients who are able to walk traveling to and from medical treatment and in financial need. One other person is allowed to travel with the patient free of charge. They need at least a 5 day notice.
 - ✓ Council On Aging: need to call at least 24 hours before scheduled appointment:
 1. Lafourche: 532-0459
 2. St. Mary: 337-907-6310
 3. Terrebonne: 868-7701
 - ✓ People with Medicaid from Terrebonne, Lafourche and St. Mary that need transportation to a doctor or hospital can call 24 hours ahead of scheduled appointment time:
 1. Aetna Better Health: 1-877-917-4150
 2. AmeriHealth Caritas: 1-888-913-0364
 3. Healthy Blue: 1-866-430-1101
 4. Louisiana Healthcare Connections: 1-855-369-3723
 5. United Health Care: 1-866-726-1472
 - ✓ LATAN: 1-800-270-6185: they provide loans for people who are disabled and need help in purchasing assisted living devices including help with car modifications.
 - ✓ Miracle Flights for Kids: 1-800-359-1711: Miracle Flights for Kids flies children who are struggling with serious cancers and debilitating diseases to specialized medical treatment centers across the United States. Any child needing medical treatment or is seeking a second opinion not available in their area is eligible to apply for a miracle mission.
 - ✓ National Patient Travel Helpline: 1-800-296-1217: Referrals to charitable and commercial services for patients needing transport to distant specialized treatment facilities.
 - ✓ Pilots For Patients: www.pilotsforpatients.org or (318) 322-5112: flies ambulatory patients to medical facilities free of charge to those that qualify.

- ✓ www.corpangelnetwork.org : Toll-Free Patient Line 1-866-328-1313: they arrange free air transportation for cancer patients traveling to treatment centers using empty seats on corporate jets.
- ✓ <https://www.mygooddays.org> : they assist with transportation costs if diagnosed with one of the diseases they cover.
- Medicare:
 - ✓ Senior Health Insurance Information Program (SHIIP): 1-800-259-5301: counselors are available to help you understand the paperwork and statements you receive after a doctor/hospital stay; they can help with filing claims or appeals if payment for a service has been denied by Medicare; they can explain your options for private insurance if Medicare does not cover all of your costs; and/or they can review long-term care insurance policies and offer tools to help you decide if it is the right choice for you.
 - ✓ If you need help with an individual Medicare problem, call their consumer hotline (Medicare Rights Center) at 800-333-4114.
 - ✓ If you need to appeal your Medicare drug plan, please call their Appeals hotline at 888-466-9050.
 - ✓ Low income and still paying for your Medicare monthly premium? Contact your local Medicaid office for a special program to help you pay for your Medicare premium!
 1. Lafourche , St. Mary Parish, & Terrebonne Parishes: 1-877-252-2447
www.cms.hhs.gov: website for Centers for Medicare & Medicaid Services.
 - ✓ www.mymedicarematters.org: provides a step by step instructions on choosing a Medicare plan for the first time, reassessing each year and answering questions about Medicare coverage.
- Medicine:
 - ✓ Do you have medication that you do not need anymore but do not know where to dispose of it safely? Find a pharmacy near you that will accept them:
<http://www.sharpsinc.com/locations>
 - ✓ For a list of ailments and potentially effective alternative treatments, visit the website of the National Institutes of Health's National Center for Complementary and Alternative Medicine: www.nccam.nih.gov
 - ✓ Prescription Payment Assistance: If the person cannot afford the whole costs of the medication the doctor has given to them, have them contact:
 1. www.cmaprx.org or 1-888-443-7494: assists the public in obtaining free medications through pharmaceutical companies.
 2. www.crbestbuydrugs.org : assists the public in finding an equivalent for a prescription drug that may be cheaper to purchase.
 3. American Cancer Society: 1-800-227-2345: Provides a one time payment for people in need of medications/supplies/equipment due to cancer.
 4. American Organ Transplant Association RX: <http://www.aotarx.com>: This program provides a variety of assistance and support, including assistance with medications needed for transplants.
 5. Benefits Checkup: www.benefitscheckup.org: fill out the questionnaire and they will help a person to find pharmaceutical programs for over 1450 brand name and generic drugs.
 6. Catholic Charities: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: provides medication once a year with a \$50.00 limit per year.
 7. Council on Aging Offices: can assist the elderly with medication costs once a year:
 - Lafourche: 532-0459
 - St. Mary: 337-907-6310
 - Terrebonne: 868-5546

8. CVS Care Card: 1-800-511-1314: a discount card for people of any age that has no insurance for medicine.
9. Foundations that help people with medical insurance who have chronic medical conditions:
 - American Kidney Fund: 1-800-638-8299 or www.kidneyfund.org: helps with health insurance premiums, and other [treatment-related expenses](#) that insurance will not cover.
 - Bright Light Foundation: www.brightlightfoundation.org: provides financial assistance to families in the oil field industry who have experienced a catastrophic illness. (Must meet specific qualifications – see website for details).
 - Cancer Care Co-Payment Assistance Foundation: 1-866-552-6729 or http://www.payingforseniorcare.com/longtermcare/resources/cancer_co-payment_assistance.html: this organization may assist with the co-payment costs for medications or procedures associated with the patient’s cancer diagnosis.
 - Children’s Healthcare Assistance Plan (CHAP): 504-894-5166: a free program for children with or without private insurance that is designed to assist families with income too high to qualify for Medicaid, yet have medical expenses that are beyond their financial resources to pay. This program will cover any insurance deductible, co-pay or out of pocket expenses if income guidelines are met. This program is limited to participating physician services performed at Children’s Hospital.
 - Good Days: Chronic Disease Fund Assistance Program: 1-877-968-7233 : they provide assistance to people diagnosed with a chronic or life altering disease (CD fund approved therapies only) with their medication copayments.
 - First Hand Foundation: <http://www.fundsforngos.org/foundation-funds-for-ngos/first-hand-foundation-support-for-children-in-need/> : assists individual children under age 18 with health-related needs when insurance and other financial resources have been exhausted.
 - Health Well Foundation: 1-800-675-8416 or <http://www.healthwellfoundation.org> : This program helps pay for medical expenses including: medications, co-payments, insurance premiums or other out-of-pocket healthcare costs.
 - Leukemia & Lymphoma Society Co-Payment Assistance Program: 1-800-955-4572 or www.lls.org/copay : patients whose income is at or within 500% of the federal poverty guidelines are eligible for assistance with co-pays towards cancer related treatment.
 - National Association of Injured and Disabled Workers: 1-888-788-6243 or <https://www.naidw.org> : Provides short-term financial assistance to injured and disabled workers and their families as a result of injury, disability or illness.
 - Ovarian Cancer Patient Charity Project: <http://ovariancancerpatientcharityproject.yolasite.com> : Provides assistance to gynecological and breast cancer patients for utilities, treatment, medications and more.
 - Parkinson’s Assistance Fund: 1-855-845-3663 or <http://theassistancefund.org/> : provides copayment assistance for people with private insurance.

- Patient Access Network Foundation: 1-866-316-7263 or www.panfoundation.org : they provide copayment assistance for medications covered by the patient's insurance plan for specific diseases
- Patient Advocate Foundation: 1-800-532-5274 or www.copays.org : helping patients resolve their insurance, job retention and/or debt crisis matters relative to their diagnosis of a chronic, life-threatening or debilitating disease.
- Patient Services Inc.: 1-800-366-7741 or <https://www.patientservicesinc.org> : this program has helped people who live with certain chronic illnesses or conditions locate suitable health insurance coverage and access ways to satisfy expensive co-payments. PSI provides assistance with the cost of health insurance premiums associated with COBRAs, State High Risk Pools, Open Enrollment Guaranteed Issue Policies, HIPAA Conversion Policies; and prescription co-payments associated with private insurance as well as with Medicare parts B and D.
- Rare Disorders National Organization: 1-800-999-6673 or <http://www.rarediseases.org/patients-and-families/patient-assistance> : they provide co-payment assistance for people on private health insurance on specific rare disorders.
- Sanofi Patient Connection: 1-888-847-4877: must go through a doctor's office to access this program: Patient Connection is a comprehensive program that includes reimbursement and patient assistance service to help take the challenge out of gaining access to medications for patients in need. Patient Assistance, Drug Replacement Program, Reimbursement Assistance, and Alternative Assistance such as transportation, utilities and referrals to co-pay assistance programs are offered.
- St. Christopher Trucker's Development & Relief Fund: 1-865-202-9428 or <http://truckersfund.com> : Provides financial assistance to truck drivers and their families who are experiencing catastrophic illness or injury.
- The Assistance Fund: 877-245-4412 or <http://theassistancefund.org> : offers both co-pay assistance for Parkinson's patients and insurance premium assistance for Multiple Sclerosis patients. More than just a funding resource, The Assistance Fund provides a continuum of services for those with chronic and life threatening illnesses
- The National Marrow Patient Assistance Program & Financial Assistance Fund: 1-888-999-6743: To qualify, you must have used the National Marrow Patient Assistance Program's donor registry to find your marrow transplant donor. In addition, the transplant must have been "unrelated," meaning that your donor is not a family member.
- United Healthcare Children's Foundation Grants: 1-800-328-5979: <http://www.uhccf.org> : child must be 16 years old or younger whose private health insurance either does not cover the service needed or has out of pocket costs that are unaffordable for the family.
- <https://www.mygooddays.org>: they cover medical copays for certain conditions.

10. Louisiana Senior RX: 1-877-340-9100: Louisiana Senior RX is a program of the Office of Elderly Affairs that provides assistance with finding patient/pharmaceutical assistance programs. Medications for short term, acute conditions (including antibiotics) are not included in these programs.
11. Med4Home: 1-888-810-4506 or www.med4home.com : they accept whatever Medicare pays for breathing medications and supplies such as those for COPD, oxygen users, etc.
12. Medicare Donut Hole Medicine Programs:
 - Glaxo Smith Kline Access: <http://www.gsk-access.com>: To be eligible the patient must have Medicare Part D, and have an income at or below 250% of the Federal Poverty Level. The patient must also have spent \$600 on medications through the Medicare Part D plan.
 - AstraZeneca AZ Medicine and Me: 1-800-292-6363: to be eligible the patient must have Medicare Part D, and have an income less than or equal to \$35,000 for individual or \$48,000 for a couple.
 - Lilly Patient Assistance Program (Medicare Answers): <http://www.lillymedicareanswers.com> : free medication for certain medications made by Eli Lilly & Company.
13. Mental Health Offices: Provides medications at low cost to their patients for medicines needed to control their mental illness.
 - Jefferson: 504-349-8708
 - Lafourche: 537-6823
 - St. Mary: 380-2460
 - Terrebonne: 857-3615
14. Merck Patient Assistance Program: 1-800-727-5400: regardless of age or income, you may be eligible for free Merck drugs if you have no prescription drug coverage or for people who have no prescription drug insurance and cannot afford your medications, or for people age 19 or older that cannot afford their vaccines:
www.merck.com/merckhelps/vaccines/home.html
15. Medicine Assistance Tool: <https://medicineassistancetool.org>: 1-888-477-2669: assists families with finding pharmaceutical programs to help them get their medications free of charge.
16. Pfizer Helpful Answers: www.pfizerhelpfulanswers.com : to qualify for discounted drugs made by the Pfizer company.
17. www.rxhope.com : assists patients and caregivers with obtaining medications they would have trouble affording.
18. www.RXoutreach.com : a generic medicine program for people with no medication insurance to obtain their medication at a cheaper rate.
19. Social Work Department of the Hospital they are in: the hospital can help the patient get enrolled in pharmaceutical programs;
20. St. Mary Outreach: 385-0525: Life sustaining medications are provided for people in the Morgan City area of our diocese.
21. St. Vincent De Paul TriParish Community Pharmacy: 872-2253: if they have the medication on hand and the patient passes the screening process, medication is given free of charge for all prescriptions needed. Patient can go on a monthly basis. Serve's Lafourche, East St. Mary and Terrebonne Parishes.
22. The church they belong to: they usually have once a year assistance;
23. The Medicine Program: www.themedicineprogram.com : Helps to enroll the patient in pharmaceutical programs that make the medicine needed.

24. Wal-Mart Medicine Program: \$4 for a 30 day supply of generics medicines or \$10 for a 90 day supply! <http://www.walmart.com/cp/1078664>

- Mental Health:

- ✓ Helpful websites:

1. Disclosing a Mental Health Condition to Others :
<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Disclosing-to-Others>
2. <https://www.healthyplace.com/blogs/mentalhealthtreatmentcircle/2014/04/financial-burdens-of-mental-health-and-addiction-treatment>

- ✓ Actors Fund: <http://www.actorsfund.org/services-and-programs/mental-health> : Referrals are made to a wide network of providers who are familiar with industry issues, psychotherapists who accept commonly used health plan networks, offer sliding scale fee schedules, convenient location, and specialty treatment. Financial assistance may be available to help with the cost of treatment and other financial difficulties.

- ✓ Anxiety:

1. Anxiety Disorders Foundation: <http://www.anxietydisordersfoundation.org> : Provides financial assistance for treatment to individuals who have anxiety disorders and obsessive compulsive disorders.
2. National Institute of Mental Health Information Services: 1-866-615-6464 or <https://www.nimh.nih.gov/index.shtml>: information and referrals to local organizations for people suffering with Panic Disorders.
3. Social Anxiety Group: www.anxietynetwork.com : offers support and education to those with anxiety disorders. Members share coping skills and there are online support group meetings for those with social phobias.
4. Child Anxiety Network: <http://www.childanxiety.net>: provides information to parents who have young children that are afraid to speak in the classroom or in public places.

- ✓ Bayou Oaks Health Services: 446-4114: offers counseling for people ages 5 and up.

- ✓ Behavioral Health Center/Thibodaux Regional Medical Center: 493-4437: Offers services to adults aged 18 and above and geriatrics that includes group therapy and traditional outpatient therapy.

- ✓ Children's Mental Health:

1. Capstone Treatment Center: 1-501-729-4479: located in Arkansas, they offer a Christ-centered residential treatment program for adolescent males ages 14-25.
2. Functional Family Therapy-Child Welfare (Options For Independence): 868-2620: Children infant to 18 diagnosed with severe emotional disturbance. Community services are provided in the home, school or wherever services to the child are needed.

- ✓ Depression:

1. Depression and Bipolar Support Alliance: 1-800-826-3632 or www.dbsalliance.org : learn about the different mood disorders and what you can do to empower yourself to work towards recovery.
2. Mental Health America: 1-800-969-6642 or www.nmha.org : information on mental health issues and treatments.
3. Mental Health Centers: provide free counseling for individuals with severe mental health issues:
 - Jeff Care Community Health Center: 504-349-8708 (after hours crisis care: 504-832-5123)
 - South Central LA Human Services Authority (Lafourche Center): 537-6823

- South Central LA Human Services Authority (St. Mary Clinic): 380-2460
 - South Central LA Human Services Authority (Terrebonne Behavioral Health): 857-3615
 - 4. Mental Health Legal Advocacy Service: 225-342-6678 : is a statewide service established to provide legal counsel and representation to mentally disabled persons and to ensure that their legal rights are protected
 - 5. National Alliance for the Mentally Ill: www.nami.org : provides information on dealing with and understanding mental illnesses.
 - 6. National Institute of Mental Health Resource Center: 1-866-615-6464 or <https://www.nimh.nih.gov/index.shtml>: information and referrals to local organizations for people suffering with Panic Disorders and other mental illnesses.
 - 7. Functional Family Therapy – Child Welfare: (Options For Independence): 868-2620: Children infant to age 18 diagnosed with severe emotional disturbance. Community services are provided in the home, school or wherever services to the child are needed.
- ✓ Nicholls State University Counseling Clinic: 448-4362: Offers counseling for individuals, families and children’s play therapy on a sliding scale. Not available during the summer months.
- ✓ Teche Action Clinic Counseling Services: offers counseling on a sliding scale for individuals and families. They have several locations:
 1. Dulac: 868-3700
 2. Galliano: 325-3607
 3. Houma: 851-1717
 4. Morgan City: 384-2371
 5. Thibodaux: 446-7341
- Mental Retardation:
 - ✓ Lafourche ARC: 447-6214: offers assistance for people with developmental challenges.
 - ✓ St. Mary ARC (Center of Hope): 337-836-9445: offers assistance for people with developmental challenges.
 - ✓ Terrebonne ARC (TARC): 876-4465: offers assistance for people with developmental challenges.
- Multiple Sclerosis:
 - ✓ Chanda Plan Foundation: 1-800-766-4255 or <http://www.thechandaplanfoundation.org> : provides financial assistance for integrative therapies not covered by insurance for people with multiple sclerosis.
 - ✓ The Assist Fund: 877-245-4412 or <http://theassistancefund.org> : offers both co-pay assistance and insurance premium assistance for Multiple Sclerosis patients. More than just a funding resource, The Assistance Fund provides a continuum of services for those with chronic and life threatening illnesses
 - ✓ Multiple Sclerosis Association of America: 1-800-532-7667: they offer assistance with any issue needed for this disease: support groups, social security issues, employment issues, financial programs, etc. Below is three of the financial assistance programs they offer:
 1. <https://mymsaa.org/msaa-help/mri> : they assist with the costs of an MRI test that will provide the diagnosis of MS.
 2. <https://mymsaa.org/msaa-help/cooling-products>: The MSAA Cooling Program offers MS clients who qualify a choice of a Cooling Kit which includes a vest worn under clothing with a variety of accessories for the neck, wrists and ankles; or a Standard Cooling Vest which is worn over clothing.

3. <https://mymsaa.org/msaa-help/assistive-equipment>: The MSAA Equipment Distribution Program offers clients products designed to improve their safety, dignity, mobility, and independence. MSAA provides these products at no charge and ships directly to the client. Items distributed through the program include a variety of bathroom and home safety products such as shower chairs, grab bars, and hand rails as well as mobility devices including canes, walkers, and wheelchairs.
- ✓ Multiple Sclerosis Foundation: 1-888-673-6287 or <https://msfocus.org/Get-Help>: they provide a national toll free helpline and also offer grants for a variety of needs due to the disease.
 - Muscular Dystrophy:
 - ✓ Chanda Plan Foundation: 1-800-766-4255 or <http://www.thechandaplanfoundation.org> : provides financial assistance for integrative therapies not covered by insurance for people with muscular dystrophy.
 - ✓ LATAN: 1-800-270-6185: they provide loans for people who are disabled and need help in purchasing assisted living devices.
 - ✓ Muscular Dystrophy Association: 1-800-572-1717 or www.mda.org : information on the disease, support groups, caregivers, summer camps, etc.
 - ✓ Is a lack of muscle control preventing you from being able to communicate effectively? If so, there are speech generating devices that can help! By using eye movement, a person can form words and sentences to communicate their needs to others: <http://www.tobii.com> or 1-800-793-9227.
 - Obesity: Overeaters Anonymous: www.oa.org : offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA.
 - Organ Transplants:
 - ✓ American Organ Transplant Association: 832-930-2682 or <http://www.aotaonline.org/medication-assistance-program.html> : assist with prescription coverage, transportation to and from the transplant facility, and fundraising help.
 - ✓ American Transplant Foundation: 1-303-757-0959 or <https://www.americantransplantfoundation.org/programs/pap>: Offers financial assistance to transplant patients as well as living donors. Note: Applications must be completed by a licensed social worker.
 - ✓ Bone Marrow Foundation: 1-800-365-1336 or <http://bonemarrow.org/financial-assistance> : direct financial assistance for donor searches, compatibility testing, bone marrow or stem cell collection, cord blood banking, medications, medical equipment, home and child care services, housing expenses, and transportation.
 - ✓ Children's Liver Association For Support Services: www.classkids.org: dedicated to addressing the emotional, educational and financial needs of families with children affected by liver disease and transplantation.
 - ✓ Children's Organ Transplant Association: www.cota.org or 1-800-366-2682: provides assistance with fund raising for children that need a transplant.
 - ✓ Help Hope Live: 1-800-642-8399 or <http://www.helphopelive.org> : The Help Hope Live site works with families and volunteers throughout the United States to establish successful grassroots fundraising campaigns in honor of individuals facing transplantation or for persons who have sustained a catastrophic injury (incl. spinal cord or traumatic brain injury).
 - ✓ National Foundation For Transplants: 1-800-489-3863 or www.transplants.org : they assist in fundraising to help pay for pre and post-transplant expenses.
 - ✓ National Kidney Foundation: 1-800-622-9010 or www.kidney.org : information on kidney disease, transplants and doctor locators.

- ✓ National Living Donor Assistance Center: 1-703-414-1600: <https://www.livingdonorassistance.org/Home/default.aspx>: Provides financial assistance to those who want to donate an organ, priority is given to individuals not otherwise able to afford the travel and subsistence expenses associated with living organ donation.
- ✓ National Marrow Donor Program: 1-800-627-7692 or <https://bethematch.org/patients-and-families/support-for-you-and-your-family> or 1-612-627-8140 for financial assistance due to the marrow transplant.
- ✓ National Transplant Assistance Fund (HelpHopeLive): 1-800-642-8399 or www.transplantfund.org : They assist in raising the money needed to get transplant medical expenses covered.
- ✓ <http://www.transplantliving.org> : assists patients in understanding what goes on before and after a transplant.
- Osteoporosis: Osteoporosis & Related Bone Diseases National Resource Center: 1-800-624-2663 or www.niams.nih.gov : provides up to date research information on bone disorders.
- Parkinson's Disease: American Parkinson's Disease Association: 1-800-223-2732 or www.apdaparkinson.org : provides a listing of information and referral centers as well as support group locations.
- Psoriasis: The Assist Fund: 877-245-4412 or <http://theassistancefund.org> : offers co-pay assistance for patients with private insurance.
- Poison Control:
 - ✓ Poison Control Center Hotline: 1-800-222-1222 or www.aapcc.org : they can assist with information on what to do to immediately treat a person who has swallowed or come into contact with a poison.
 - ✓ <https://www.webpoisoncontrol.org>: Mixed up your meds? Found a loose pill? Worried that your refill looks different? This website can help!
- Post-Traumatic Stress Disorder: www.ptsd.va.gov : aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD.
- Pregnancy Resources:
 - ✓ American Pregnancy Association: www.americanpregnancy.org : sign up for a newsletter that tells a mother the week by week growth of the baby in her womb. Also provides a lot of resources on any type of pregnancy concern, and how to care for the baby once it is born.
 - ✓ Birthright: 1-800-550-4900: assists women who feel scared about their unplanned pregnancy come to terms with it by providing various resources that can assist them with their needs.
 - ✓ Crossroads Pregnancy Resource Center: 446-5004: Provides caring services to pregnant women in crisis by offering education, guidance, and spiritual support especially to those considering abortion or other alternatives.
 - ✓ Catholic Charities: 876-0490 or <https://www.htdiocese.org/adoption-and-maternity-services>: Counseling available for people who have an unplanned pregnancy.
 - ✓ Hope Restored For Life Pregnancy Resource Center: 872-4994: Provides caring services to pregnant women in crisis by offering educations, guidance, and spiritual support.
 - ✓ Natural Family Planning:
 1. Office of Family Ministries: 850-3129: they provide you with current instructors who can teach how the ovulation cycle works and what the woman needs to look for to prevent pregnancy.
 2. Hope Woman's Clinic: 504-496-0214: Dr. Susan Caldwell's goal is to reach out to Catholic women who want to live out their faith by using natural family planning methods.
 - ✓ Pregnancy and Infant Loss Support: www.nationalshare.org or 1-800-821-6819: Offers support for parents that have lost a child due to miscarriage or stillbirth.

- ✓ www.bethany.org : Offers information and counseling for pregnant women, referrals to free pregnancy test facilities, foster care and adoption centers
- ✓ www.impregnant.org : Offers information and counseling for pregnant women, referrals to free pregnancy test facilities, foster care and adoption centers
- Rare Disorders National Organization: 1-800-999-6673 or www.rarediseases.org : they provide free information on various diseases as well as medication on a sliding scale charge based on income.
- Rheumatoid Arthritis: The Assist Fund: 877-245-4412 or <http://theassistancefund.org> : offers both co-pay assistance for patients with private insurance.
- Seizures: Canine Partners For Life: www.k94life.org or 610-869-4902: They provide service dogs to people with various disabilities to help them lead lives that are more normal. These dogs can be trained to detect a seizure up to 30 minutes before it happens, enabling the person
- Self-Injurers/Self Destructive Habits:
 - ✓ Families In Need of Services (F.I.N.S.): 868-4232: brings together resources for the purpose of helping families remedy self destructive behaviors.
 - ✓ Safe Alternatives Information Line: 1-800-366-8288 or www.selfinjury.com : a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping you and others achieve an end to self-injurious behavior.
- Sexually Transmitted Diseases:
 - ✓ American Sexual Help Association: <http://www.ashasexualhealth.org>: is a trusted source of reliable information on sexual health and sexually transmitted diseases/infections.
 - ✓ National Herpes Hotline: 919-361-8488: they are America's authority for sexually transmitted infection information.
- Sleep Apnea:
 - ✓ American Sleep Apnea Association: <https://www.sleepapnea.org/community/cpap-assistance-program>: Provides CPAP therapy equipment for individuals diagnosed with sleep apnea
 - ✓ Second Wind CPAP: 1-855-263-2727 or <https://www.secondwindcpap.com>: get a new or used CPAP machine at a reduced cost!
- Special Olympics: state office 1-800-345-6644: disabled children ages 8 on up can compete with each other in specialized sporting events:
- Spina Bifida:
 - ✓ Chanda Plan Foundation: 1-800-766-4255 or <http://www.thechandaplanfoundation.org>: provides financial assistance for integrative therapies not covered by insurance for people with spina bifida.
- Spinal Cord Injury help and Support Groups:
 - ✓ Bryon Riesch Paralysis Foundation - Charitable Grants: 1-262-547-2083 or <http://brpf.org/charitable-grant-application>: grants are awarded quarterly to individuals. These grants help pay for items such as van modifications, wheelchairs and ramps.
 - ✓ Chanda Plan Foundation: 1-800-766-4255 or <http://www.thechandaplanfoundation.org>: provides financial assistance for integrative therapies not covered by insurance for people with spinal cord injuries.
 - ✓ Helping Hands Monkey Helpers: <http://www.monkeyhelpers.org>: Provides placement of specially trained capuchin monkeys with people who are paralyzed, or who suffer other severe mobility impairments.
 - ✓ Joseph Groh Foundation: 1-214-998-9749 or <http://josephgrohfoundation.org/assistance.html>: dedicated to providing financial support to employees, former employees, family members of employees and former employees of the construction trades industry (plumbing, HVAC, electrical, roofing etc.)

- who have suffered permanent spinal cord injuries or other permanent and life altering disabilities.
- ✓ National Spinal Cord Injury Association: 1-800-962-9629 or www.spinalcord.org: is the nation's oldest and largest civilian organization dedicated to improving the quality of life for hundreds of thousands of Americans living with the results of spinal cord injury and disease (SCI/D) and their families.
 - ✓ Shriner's Hospital for Children: 1-813-281-0300 or <http://www.shrinershospitalsforchildren.org>: A free hospital for children under 18 with orthopedic conditions, burn injuries, spinal cord rehabilitation, cleft lip and palate repair and certain other health conditions.
 - ✓ www.carecure.org: this site contains comprehensive and up to date news on curing spinal cord injuries.
- Strokes:
 - ✓ American Stroke Association: 1-888-478-7653: They maintain a listing of telephone support groups for stroke survivors and their families.
 - ✓ Hyperbaric Oxygen Therapy:
 1. Harch Hyperbaric Oxygen Therapy (Family Physicians Center): 504-348-4357
 - ✓ National Stroke Association: 1-800-787-6537 or www.stroke.org: offers information on what strokes are, how they can be prevented, what recovery entails and caregiver information.
 - Stuttering:
 - ✓ National Institute on Deafness and Other Communication Disorders: www.nidcd.nih.gov: provides information on all types of ear and communication disorders.
 - ✓ Stuttering Foundation of America: 1-800-992-9392: Provides information and referrals to speech pathologists.
 - Sudden Infant Death Syndrome:
 - ✓ First Candle Grief Support Line: 1-800-221-7437 or www.sidsalliance.org: information on parenting for new parents, and grief support for families that have lost a child expectantly.
 - ✓ www.nationalshare.org or 1-800-821-6819: Offers support for parents who have lost a child through miscarriage, stillbirth, or sudden infant death syndrome.
 - Terminal Illness: Americans For Better Care of the Dying: www.abcd-caring.org: is dedicated to ensuring that all Americans can count on good end of life care by offering publications on many different topics to help people sort out end of life issues.
 - Tourette Syndrome:
 - ✓ Tourette Association: 1-800-237-0717: offer resources and referrals to help people and their families cope with the problems that occur with TS.
 - Veterans Affairs Medical Clinic in Houma: 851-0188: provides medical care for veterans.
 - Weight Loss/fitness:
 - ✓ Overeaters Anonymous: www.aa.org: this website will give you the updated times and locations of meetings near you.
 - ✓ T.O.P.S. (Take Pounds Off Sensibly): www.tops.org: this website will provide you with the updated times and locations of meetings near you.
 - ✓ Weight Watchers Support Group: <https://www.weightwatchers.com/us/find-a-meeting>: this website will provide you with the updated times and locations of meetings near you.
 - ✓ www.choosemyplate.gov: replaces the Food Guide Pyramid and gives examples of foods that should be eaten and portion sizes for the age and size of the person.
 - ✓ <https://supertracker.usda.gov>: registered users can create a personalized diet and physical activity program to meet their needs; look up nutrition info for over 8,000 foods and compare foods side-by-side; get weight management guidance; enter your

weight and track progress over time; and build and save your favorite recipes for tracking, and analyze the nutrition info.

- Wheelchairs:
 - ✓ Friends of Man: 1-303-798-2342 or <http://www.friendsofman.org>: assists with the costs of obtaining a wheelchair. Must have a social service agency to assist with this application.
 - ✓ The United Healthcare Children's Foundation: 1-800-328-5979 ext. 24459: offers support to meet the needs of children nationwide with assistance grants for medical services not fully covered by health insurance. Some examples of assistance that can be provided include speech therapy, physical therapy and psychotherapy sessions; medical equipment such as wheelchairs, braces, hearing aids and eyeglasses; orthodontia and dental treatments.
 - ✓ Wheel To Walk Foundation: 1-503-257-1401 or www.wheeltowalk.com: helps children and young adults (21 years and younger) with disabilities obtain medical equipment or services that is not provided by their insurance companies.
- Wheelchair Ramps:
 - ✓ AMRamp: 1-225-819-3250 (for Louisiana customers) or <http://www.amramp.com> : Rent wheelchair ramps for as little as one day or as long as it is needed! Ramps can also be purchased.
 - ✓ Bryon Riesch Paralysis Foundation - Charitable Grants: 1-262-547-2083 or <http://brpf.org/charitable-grant-application> : provides grants for the costs of wheel chair ramps for people with spinal cord injuries.
 - ✓ Friends of Man: 1-303-798-2342 or <http://www.friendsofman.org> : assists disabled individuals with the costs of paying for wheel chair ramps. Must have a social service agency to assist with this application.
 - ✓ LATAN: 1-800-270-6185: they provide loans for people who are disabled and need help in purchasing assisted living devices.
 - ✓ USDA Rural Development Program: Provides 1% interest loans to low income, owner occupied families living in rural areas that need assistance with house repairs. Some grants are available for senior citizens (62+ years of age) that cannot afford to repay a loan.
 1. Lafourche and Terrebonne: 1-985-748-8751
 2. St. Mary: 337-262-6601 ext. 4
 3. Umcor: 337-923-2027: located in Baldwin, they will build ramps in St. Mary Parish when finances and labor are available.
- Wishes granted for people with medical problems:
 - ✓ Cameron Siemers Foundation For Hope: <http://www.cameronsiers.org/life-grants> : If you are between the ages of 18 and 30 and have been diagnosed with a life-threatening illness, you can apply for a Life Grant™. A Life Grant is an award up to \$5,000 to be used in the fulfillment of a dream, goal, or project that you take on to make a difference in your life and the lives of others.
 - ✓ Make a Wish Foundation of the Texas Coast and Louisiana, Inc.: 504-846-9474: Grants the wishes of children with life threatening medical conditions to enrich the human experience with hope, strength, and joy.
 - ✓ Twilight Wish Foundation: 1-877-893-9474: helps to grant the wishes of senior citizens from something as simple as a new pair of eyeglasses to something as elaborate as a travel destination.

Motor Vehicles Departments:

- Lafourche, St. Mary & Terrebonne: 1-225-925-6146: <http://www.expresslane.org/>

Military:

- Blue Star Mothers of Louisiana Chapter 2:
http://www.bluestarmothers.org/index.php?option=com_content&view=article&id=68 : any family in our Diocese who has a relative of any branch in the military that is in need of emotional or financial support can get in touch with this group for assistance. The Blue Star Mothers are also in need of people to join their organization to help with the sending of care packages, promoting education of the military within the community, and with assisting in various military ceremonies and community projects.
- Entergy: 1-800-368-3749: If you are a member of the National Guard or Military Reserve and have been called to full-time active duty military service pursuant to an executive order of the President of the United States, an act of the Congress of the United States, or the Governor of Louisiana, you may apply for shut-off protection of your residential natural gas and electric service pursuant to Louisiana Revised Statutes sections 29:17-18. If you meet the qualifications for assistance, you will be allowed to defer payments for natural gas and electric service during your period of activation. Please note that the program does not waive or cancel any balance that you incur. After your activation has ended, you will be required to make arrangements to pay back any amounts that you deferred.
- Family Assistance Program: 504-202-8771: resource for military families in our Diocese having trouble with finances, separation issues, etc.
- The Homeownership Preservations Foundation in cooperation with USA Cares:
www.usacares.org : offers military homeowners free financial education, advice and assistance. Military homeowners at risk of losing their homes as a direct result of hardships related to Military service may also qualify for a special financial assistance grant.
- Veterans Affairs Medical Clinic in Houma: 851-0188: provides medical care for veterans.
- Veterans Crisis Line: 1-800-273-8255
- www.militaryonesource.com : offers educational materials about all aspects of family and military life.
- <http://www.consumerfinance.gov/servicemembers> : click to learn about financial resources and financial protection for service members (armed forces).

Parenting Support:

- Agenda for Children: 446-8330: Family Resources for Early Education: offers parents a positive approach to child rearing through a set of highly effective, research based parenting and caregiving skills.
- Bayou Council on Alcoholism: 446-0643: offers a 5-week series that touch on topics of discipline, behavior, communication, conflict resolution, parental authority, etc. You do not have to attend the entire series in order to come in for a topic. The series is ongoing.
- Boys Town Louisiana: 504-949-9248 or www.boystown.org : offers parents books, DVD's, and community programs to help with any type of parenting problem you have.
- Children's Entertainment Parental Guides (movies, television, songs, etc):
 - ✓ www.teachwithmovies.org : attempts to help parents instill values and historical events in their children by offering thought provoking questions for children and their parents on selected movie titles.
 - ✓ <http://www.pluggedin.com> : helps parents looking for detailed information about what's really in popular movies, videos, television episodes, songs and games since the ratings on such entertainment offer limited information.
- Foster Parenting: Casey Family Programs: www.casey.org
 - ✓ Lafourche and Terrebonne Parish: 447-0945: call to become a foster parent
 - ✓ St. Mary Parish: 1-337-828-5279: call to become a foster parent
- Kid's Turn: www.kidsturn.org : an organization devoted to helping parents and children through divorce issues.

- Louisiana Cooperative Extension Service: they offer a variety of resources on everything from parenting & childcare to budgeting.
 - ✓ Lafourche: 446-1316
 - ✓ St. Mary: 337-828-4100
 - ✓ Terrebonne: 873-6495
- Natural Child Project: www.naturalchild.com : encourages simple and close parental bonding.
- Natural Family Planning:
 - ✓ Office of Family Ministries: 850-3129: referrals are made to assist couples with information on the ovulation process and various methods to help determine when a woman is fertile or not.
 - ✓ Hope Woman’s Clinic: 504-496-0214: Dr. Susan Caldwell’s goal is to reach out to Catholic women who want to live out their faith by using natural family planning methods.
- Nurse Family Partnership: 857-3601 (Lafourche/Terrebonne) or 504-568-5926 (Jefferson): <http://www.nursefamilypartnership.org/locations/Louisiana/find-a-local-agency>: is a program for first time mothers before the 28th week of gestation. It is designed to help new parents have a healthy pregnancy, prepare for labor and delivery, and learn age appropriate developmental stages of children, get the support they need.
- Options Youth Services: 853-8550: Services are provided to youth ages six through eighteen and their families to provide mental health services, addiction prevention and other risky behaviors.
- P.A.C.T. Place Supervised Visitation and Exchange Center: 532-4390: located in Lockport, families that have a history or potential for domestic violence, dating violence, child abuse, sexual assault, or stalking can use this location as a safe place for their children to visit with the non custodial parent. It is also a safe location to drop children off who would be visiting the non custodial parent for the weekend.
- www.parenting.org : excellent site with plenty of parenting tips for raising all ages of children.
- Parenting classes: The Haven: 872-0757.
- Parents Without Partners: 1-800-637-7974 or www.parentswithoutpartners.org : provides helpful ideas on how to be an effective single parent.
- Parents and Teenage Drinking: www.whatsdrivingyou.org : a wealth of information about the many consequences of destructive behavior, like Driving Under the Influence of Alcohol or other drugs (DUI).
- Stepfamily Foundation: www.stepfamily.org : invaluable information on topics related to stepfamilies.
- Today’s Parents Online: www.todaysparent.com : focuses on the many different stages of child development and how to understand children as they enter each phase.
- Troubled Teens: www.bily.org : this site has a lot of information for parents in raising a teenager that won’t listen or has other defiant behaviors.
- “When Kids Push Your Buttons”: Time Warner Books. Author is Bonnie Harris. This book looks at why parents react negatively to their children’s outbursts.
- www.babycenter.com : for information on any topic about children.
- www.parents.com : excellent site for information on understanding children and their needs.
- www.touchpoints.org : resource for parents with infants and young children

Prison Release Assistance:

- Connections For Life: 1-225-379-3640 or <http://www.connectionsforlife.net/about-connections-for-life-baton-rouge> : provides a twelve-step re-entry and transitional housing program for women coming from prison.
- Gulf Coast Social Services: 851-4488: They provide one night of shelter in Houma

- Joseph Home: 1-225-336-4406: Located in Baton Rouge and run by the Baton Rouge Catholic Community Services Prison Ministry, it is a halfway house for men who have been released from prison with a good behavior record while incarcerated to help them integrate back into society.
- State Identification: Catholic Charities: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: assistance is provided in obtaining a LA State ID for prisoners that are recently released and reside within the Diocese of Houma Thibodaux.
- Work Uniforms: Catholic Charities Self Help Program: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: Released prisoners can obtain assistance with work uniforms if employment is found within the Diocese of Houma Thibodaux and uniforms are needed for the job.

Rape:

- Houma Police Department: 873-6371: teaches a rape defense course.
- Lafourche Parish Sheriff's Office: teaches a rape defense course: 449-4490.
- Louisiana Foundation Sexual Violence Hotline: 1-888-995-7273: can provide listings of support groups in your area.
- Rape, Abuse and Incest National Network Sexual Assault Hotline: 1-800-656-4673 or www.rainn.org: operates a telephone or online sexual abuse hotline that can assist with Crisis intervention and support that can assist with answers to your questions about recovering from sexual assault, basic information about medical issues, resources that can assist with the reporting process, and referrals to local resources.

Rental or Eviction Assistance:

- Church: client needs to call the church that is nearest where he/she lives to be screened for possible financial assistance to stop an eviction.
- Lafourche Community Action: 537-7603 or <http://www.lafourchegov.org/departments/community-services/community-action>: provides financial assistance for Lafourche Parish residents who are behind on their rent.
- Salvation Army: 262-1871: provides financial assistance for families behind on their rent.
- St. Mary Outreach: 385-0525: must live in St. Mary Parish to qualify for assistance with rent.
- Terrebonne Parish Consolidated Housing and Human Resources: 873-6817: provides financial assistance for residents living in Terrebonne Parish who are behind on their rent.

Safety:

- Children's Safety:
 - ✓ Children's Environmental Health Network: www.cehn.org: is a national multi-disciplinary organization whose mission is to protect the developing child from environmental health hazards and promote a healthier environment.
 - ✓ The National Safe Kids Campaign: www.safekids.org: information for parents on how to prevent childhood injuries at home or during play.
- Community Safety:
 - ✓ Sheriffs' Offices:
 1. Jefferson Parish Sheriff's Office: <http://jpsso.com>: check the arrest records or sex offender registries in Jefferson Parish.
 2. Lafourche Parish Sheriff's Office: <http://www.lpsso.net>: check the arrest records or sex offender registries in Lafourche Parish.
 3. St. Mary Parish Sheriff's Office: <http://www.stmaryso.com>: check the arrest records or sex offender registries in St. Mary Parish.

4. Terrebonne Parish Sheriff's Office: <http://www.tpsso.net> : check the arrest records for Terrebonne Parish or the sex registries for the parish, state of Louisiana, or United States.
- ✓ National Human Trafficking Hotline: 1-888-373-7888: a national, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week to report a tip; to connect with anti-trafficking services in your area; or to request training and technical assistance, general information or specific anti-trafficking resources.
 - ✓ Smart911: is a free service that allows you to create a Safety Profile for your household that includes any information that you want 9-1-1 to have in the event of an emergency. Then, when anyone in your household dials 9-1-1 from a phone associated with your Safety Profile, your profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to get the proper response to the proper location. When seconds count, your Safety Profile information could be the difference between life and death. Residents in Lafourche and Terrebonne can sign up (St. Mary and Jefferson parishes have not yet offered this service):
 1. Lafourche Smart911: <http://lafourche911.com/?p=272>
 2. Terrebonne Smart911: <http://www.tpcg.org/index.php?f=misc&p=smart911>
- Hunters Safety Education:
 - ✓ www.hunter-ed.com/Louisiana/index.html : obtain a Louisiana Hunters Safety License by taking the test online!
 - Internet Safety:
 - ✓ www.missingkids.com : Click on education for resources for parents and guardians on information about how to keep your child safe while surfing the internet.
 - ✓ <https://report.cybertip.org/index.htm;jsessionid=E23A3E2882C27135A549EDC173177A.A6.report.cybertip.org> : Use this site to Report suspicious activity involving a missing or abducted child, child pornography, and/or the online exploitation of children.
 - ✓ www.stopthinkconnect.org : helps people understand how to keep personal information safe while navigating the web.
 - ✓ Internet crime center: <http://www.ic3.gov/default.aspx>: use this site to report any type of internet crimes.
 - National Response Center: Toxic Chemicals and Oil Spills: 1-800-424-8802: call to report toxic spills.

Self Employment:

- C.E.N.T.S.: 876-0490 or <https://www.htdiocese.org/cents>: A self-employment, entrepreneurs' program that provides training and credit to support the development and growth of legitimate small or micro businesses.
- Edison Nation: <https://www.edisonnation.com> : Have an idea you would like to get patented but don't know how? No matter what your idea is or how developed it may be, Edison Nation has the resources to bring it to life and has the right relationships to get it on store shelves.
- Good Work Network: 504-309-2073 or www.goodworknetwork.org : Assist with building minority and women-owned businesses throughout the state of Louisiana.
- South Louisiana Economic Counsel: 448-4485

Sewer Treatment Plant Assistance:

- USDA Rural Development Program: Lafourche and Terrebonne: 1-985-748-8751 ext. 4: Provides 1% interest loans to low income, owner occupied families living in rural areas that need assistance with house repairs. Some grants are available for senior citizens (62+ years of age) that cannot afford to repay a loan.

Social Security:

- Can't log into your online Social Security account? Call 1-800-772-1213 and ask for the help desk.
- Apply for benefits:
 - ✓ Catholic Charities: 876-0490 or <https://www.htdiocese.org/individual-and-family-assistance>: offers FREE assistance in applying for Social Security Disability benefits.
 - ✓ www.socialsecurity.gov/applyfordisability: an easy way to apply for disability benefits in the privacy of your own home!
 - ✓ www.socialsecurity.gov/applyforbenefits: use this link to apply for retirement/spouse's benefits.
 - ✓ www.socialsecurity.gov/medicareonly: use this link if applying for Medicare benefits only.
 - ✓ www.socialsecurity.gov/i1020: use this link if applying for extra help with your Medicare prescription drug costs.
 - ✓ Ticket To Work: 1-866-968-7842 or <http://www.choosework.net/resource/jsp/SearchByStateAction.jsp>: Social Security has programs to help a disabled person find work as well as providing counseling to help the disabled worker know how his Social Security benefits would be affected.
- For assistance with the Social Security Disability appeals process: Herbert Vidrine: 985-791-7301
- If you suspect Social Security benefit fraud, please contact the Office of the Inspector General at 1-800-269-0271 or visit us at <http://oig.ssa.gov> and click on Report Fraud, Waste, or Abuse.
- Houma Social Security Office: 1-866-899-5631 or 1-866-748-2071 (call this number only if you know your worker's extension).
- National Social Security Office: 1-800-772-1213: call to order social security verification letters, change your address, or ask general questions.
- National Association of Disability Representatives: 1-800-747-6131: call to find a qualified representative to help you file your claim or appeal.
- National Organization of Social Security Claimants: 1-800-431-2804: A referral service to lawyers who handle Social Security Disability cases.
- <http://www.socialsecurity.gov>: use this link to:
 - ✓ Apply for retirement
 - ✓ Apply for disability payments
 - ✓ Get an application for a replacement Medicare card or Social Security Card
 - ✓ Report a change in your name
 - ✓ Report a change of address
 - ✓ Obtain benefit verification letters
- www.socialsecurity.gov/myaccount: use this site to
 - ✓ Get your benefit verification letter;
 - ✓ Check your benefit and payment information and your earnings record;
 - ✓ Change your address and phone number;
 - ✓ Start or change direct deposit of your benefit payment;
 - ✓ Get estimates of your retirement, disability, and survivors benefits;
 - ✓ View your earnings record;
 - ✓ Get estimated Social Security and Medicare taxes you've paid.

Spiritual Support:

- Bible Study:
 - ✓ Catechism of the Catholic Church: <http://www.catholic-catechism.com>
 - ✓ Knights of Columbus Home Study Course: www.kofc.org
- Catholic Community Radio: WPYR AM 1380: www.catholiccommunityradio.org: listen to live broadcasts on catholic subjects.

- Marriage Encounter: 850-3129: For couples looking to deepen their marriage. Not for marriages with problems that need to be solved.
- Prayer Groups:
 - ✓ Daily Gospel Reflections:
 1. www.creighton.edu/collaborativeministry/daily.html
 - ✓ Marian Servants House of Prayer: 447-6564
 - ✓ www.sacredspace.ie : teaches the steps of prayer for those looking to strengthen their prayer life.
- Religious Book Stores:
 - ✓ God's Precious Words & Gifts: 449-0618
 - ✓ God's Promises Books & Gifts: 876-1283
- Rosary Groups: <http://www.virtualholyroary.com>: teaches you all of the prayers of the rosary, the mysteries and has a place to offer your own personal intentions to be prayed by others also on the site.
- Mass Times for Traveling Catholics: 1-858-207-6277 or www.masstimes.org : For nationwide mass times and locations.
- Xavier Society For the Blind: xaviersocietyfortheblind.org : a library that provides spiritual and religious reading materials in the Catholic tradition in braille and audio to the blind and visually impaired.
- <https://thejesuitpost.org> : an online magazine that writes about a faith that does relevance. We cover pop-culture, politics, sports, and everything in between, all from an Ignatian perspective.

Substance Abuse:

- A Place of Restoration: Helping Hurting People Heal: 985-772-1168 or <http://www.aporhouma.com> : a six month Christian approach to helping men and their families recover from the physical, social, and mental problems associated with addictions. Located in Gray, LA.
- Addictive Disorders Clinics :
 - ✓ Jeff Care Community Health Center: 504-349-8708
 - ✓ South Central LA Human Services Authority (Lafourche Center): 537-6823: outpatient treatment program
 - ✓ South Central LA Human Services Authority (St. Mary Clinic): 985-380-2455: outpatient treatment program
 - ✓ South Central LA Human Services Authority (Terrebonne Behavioral Health): 857-3615: outpatient treatment program.
- Assisi Bridge House: 872-5529: offers a substance abuse halfway house and supervised independent living program for adult males.
- Claire House: 985-395-2424: For women with children (ages birth to age 10), who need substance abuse treatment.
- Connections For Life: 1-225-379-3640 or <http://www.connectionsforlife.net/about-connections-for-life-baton-rouge> : provides a twelve-step re-entry and transitional housing program for women coming from prison that have had problems with substance abuse.
- New Life Counseling Center: 632-7797: Provides counseling and other services for families suffering from the effects of substance abuse. Fees are charged according to a sliding scale if there is a financial need.
- Palmetto Addiction Recovery Center: 1-800-203-6612: www.palmettocenter.com : The Palmetto Addiction Recovery Center is a Louisiana Drug Rehabilitation Center and Louisiana Alcohol Rehab Center. They provide state of the art treatment programs to assess and treat individuals who suffer from addictions to alcohol, drugs, gambling, sex and who also may have coexisting psychiatric disorders. Their treatment team has over 250 years of experience with recovery and treatment of addictions along with treatment for patients afflicted with coexisting psychiatric disorders.

- <http://www.newmobility.com/2005/08/disability-substance-abuse-addiction>
- <http://www.familyrecoveryolutions.com/articles/the-alcoholic-addicts-art-of-self-sabotage> : this website can give valuable insights to family members living with a person with addictions.

Suicide:

- American Association of Suicidology: www.suicidology.org : provides education on signs of suicide and how to prevent it.
- Boys Town National Hotline: 1-800-448-3000: Offers a 24 hour crisis hotline for parents and children. Can help with suicidal individuals, runaways, or abused people from all areas of the United States.
- www.suicidepreventionlifeline.org or 1-800-273-8255: a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

Telemarketing Calls:

- National Do Not Call Registry: 1-888-382-1222: Must call from the phone you want to put on the list.
- Louisiana Public Service Commission: 1-877-676-0773: <http://www.lpsc.louisiana.gov/dontindex.aspx>: call to help you stop getting annoying telemarketer's calls at home.

Telephone/Internet Assistance:

- AT&T: 1-800-377-9450 or www.lifelinesupport.org : offers rate reductions for low income households for services with a land line. Households eligible to receive this rate reduction must be receiving services from one of the following programs: food stamps/SNAP, Medicaid, SSI, LIHEAP, Section 8 or Housing Authority rental, TANF, or free school lunch program.
- Comcast Internet Essentials: 1-855-846-8376 or <http://www.internetessentials.com> : low income families in the Comcast Service area that has at least one child that is eligible for the school lunch program can receive monthly internet service for \$9.95 month plus tax.
- Safe Link Wireless: 1-800-977-3768 or www.safelinkwireless.com : provides a free cell phone for low income individuals that receive services from government programs such as Social Security, Medicaid or Food Stamps.

Thrift Stores:

- ABC Home Services: 985-872-2222: 1300 East Tunnel Blvd, Houma: they sell second hand refrigerators, stoves, washers, and dryers at cheap prices.
- Bayou Habitat For Humanity Home Re-Store: Thibodaux: 447-9743: open Tuesdays, Thursdays and Saturdays from 9am-3pm.
- Catholic Community Center: 632-6859: Galliano: Open Monday 2pm – 4pm, Wednesdays 10am – 2 pm and Fridays 10am – 12pm.
- Cedar Chest Boutique (East Side): 873-2322 or (West Side) 876-2285: Houma: open Mondays through Fridays from 9am to 5pm.
- Good Samaritan Thrift Store of Central Lafourche: 537-7706: open Tuesdays, Fridays, & the first Saturday of each month from 7am – 12 noon.
- Goodwill: 223-0748: Houma: open Mon.-Sat. 9am to 8am and Sunday from 10am to 6pm.
- Gym Dandy: 446-0859: Thibodaux: open Tuesdays from 9am – noon.
- Jean's Appliance and Repair: 872-4732: the purchase and sell used appliances.
- Mike's Appliances: 537-5531: he sells used appliances when he has them on hand. He also repairs appliances throughout Lafourche parish.

- Precision Appliances LLC: 985-414-3418: they sell and repair used washers, dryers, air conditioners, microwaves, dishwashers, etc.
 - ✓ For repairs call: 985-414-3418
- Sacred Heart Church Thrift Store (Morgan City): 415 Union Street, Morgan City: Open Wednesday and Thursday from 8:30am – 11am.
- Salvation Army: open from 9am – 4:30pm.
 - ✓ Houma: 262-1871 (Monday through Friday)
 - ✓ Morgan City: 702-0444 (Monday through Saturday)
 - ✓ Thibodaux: 447-2930 (Monday through Saturday)
- St. John Treasure Box (one mile past St. John Church on Hwy 1): 985-446-0447: Open Monday through Friday from 8am – 3:00pm.
- St. Lawrence Harvesters: 2128 Bull Run Rd., Chacahoula: open from 8:00am – noon on Saturdays.
- St. Vincent De Paul: 872-9373: Houma: Open Monday through Saturday from 8:30 – 4:00.
- Treasure Box (Lockport): 532-5000: Open Monday through Friday from 8:30 – 1:30pm and the first Saturday of each month during the same time frame.
- Used Work Clothing: www.usedworkclothing.com : Save 75% off the price of clothing needed for outside work
- http://wiki.freecycle.org/Main_Page : Need to get rid of your unwanted items or seeking for items that you would like but don't always have the money to buy? Join freecycle! The goal is to reduce waste by connecting people who would otherwise throw away unwanted items with others seeking those same items.

Transportation:

- Good Earth Transit System: http://www.tpcg.org/index.php?f=public_transit : Operates a public bus system between Lafourche and Terrebonne Parishes.
 - ✓ Lafourche: 447-5001
 1. City of Thibodaux Office of Housing & Community Development: 446-7217: offers 3 free bus passes a week to people that meet the income limits and need transportation to medical appointments, employment, school, social service appointments, etc.
 - ✓ Terrebonne: 850-4616
 1. Catholic Charities: 876-0490: offers free bus passes for people on Food Stamps that need to get to a medical appointment, employment, or social service appointments.

Travel Information:

- Airport Information: www.flightarrivals.com : Want to see if a loved one's flight is going to be delayed? You can check out the status of any flight from any airline.
- Airport Parking Reservations: www.airportparkingreservations.com : receive a 10-50% discount by using this website.
- America The Beautiful Senior Pass: <http://store.usgs.gov/pass/senior.html> : this is a lifetime entrance permit for individuals 62 or older to national parks, monuments, historic sites, recreation areas, and national wildlife refuges which charge entrance fees. The Senior Pass admits the permit holder and a carload of accompanying persons (not to exceed 4 adults...over age 16). It also provides a 50% discount on federal use fees for facilities and services.
- Passport Information: <http://travel.state.gov/content/passports/en/passports.html>: contains all of the information needed to obtain a passport.
- Traveling Catholics: www.masstimes.org or 1-858-207-6277: For nationwide mass times and locations.

- Travel Helpers: 1-479-420-5184 or www.gotravelhelpers.com : They assist elderly or sickly patients with travel to and from destinations of their choice by accompanying the traveler on the trip. They also assist with all of the travel arrangements necessary to get the person to and from their destination.
- US Department Overseas Citizens Services: 1-202-647-5225: helps people who are traveling overseas obtain consular information, travel warnings, public announcements, etc.
- www.factorytoursusa.com : Learn how various products are made right here in the USA!
- www.roadsscholar.org : 1-800-454-5768: largest educational and travel organization in the United States for older adults.
- www.cdc.gov/travel: find out what vaccinations you need before traveling to a foreign country.

Utility Companies Within Diocese of Houma Thibodaux:

- Electricity:
 - ✓ Jefferson (Grand Isle): Entergy: 1-800-368-3749: send payments to:
 - ✓ Lafourche:
 1. Entergy: 1-800-368-3749: send payments to: P.O. Box 8108, Baton Rouge LA 70891.
 2. SLECA: 876-6880: send payments to: P.O. Box 4037, Houma LA 70364
 - ✓ Amelia/Morgan City:
 1. City of Morgan City: 385-1770: send payments to: P.O. Box 1218, Morgan City LA 70381
 2. SLECA: 876-6880: send payments to: P.O. Box 1126, Amelia LA 70340
 - ✓ Terrebonne:
 1. Entergy: 1-800-368-3749: send payments to: P.O. Box 8108, Baton Rouge LA 70891
 2. SLECA: 876-6880: send payments to: P.O. Box 4037, Houma LA 70364
 3. TPCG: 873-6464: send payments to: P.O. Box 6097, Houma LA 70360
- Gas:
 - ✓ Jefferson (Grand Isle): 985-787-3196: Town of Grand Isle: P.O. Box 200, Grand Isle LA 70358
 - ✓ Lafourche:
 1. Amerigas (Propane): 449-0108: 101 B Talbot Avenue, Thibodaux LA 70301
 2. Atmos Energy: 447-2611: P.O. Box 790311, St. Louis MO 63179-0311
 3. (Thibodaux city limits) City of Thibodaux: P.O. Box 5418, Thibodaux LA 70302
 4. South Coast Gas: 537-5281: send payments to: P.O. Box 470, Raceland LA 70394
 5. Town of Golden Meadow: 475-5212: P.O. Box 307, Golden Meadow La, 70357
 - ✓ Morgan City:
 1. City of Morgan City: 385-1770: send payments to: P.O. Box 1218, Morgan City LA 70381
 - ✓ Terrebonne:
 1. Atmos Energy: 447-2611: P.O. Box 790311, St. Louis MO 63179-0311
 2. South Coast Gas: 537-5281: send payments to: P.O. Box 470, Raceland LA 70394
 3. TPCG: 873-6464: send payments to: P.O. Box 6097, Houma LA 70360
- Water:
 - ✓ Amelia/Morgan City:
 1. Assumption Waterworks District: 369-6156: send payments to: P.O. Drawer 575, Napoleonville LA 70390

2. City of Morgan City: 385-1770: send payments to: P.O. Box 1218, Morgan City LA 70381
3. St. Mary Parish Water & Sewer Commission #1: 985-631-2907: P.O. Box 309, Amelia LA 70340
- ✓ Jefferson (Grand Isle): Jefferson Parish Department of Water: 504-736-6060: 4500 Westbank Expressway, Marrero LA 70072
- ✓ Lafourche:
 1. City of Thibodaux: 446-7204: P.O. Box 5418, Thibodaux LA 70302
 2. Lafourche Parish Water District: 532-6924: P.O. Box 399, Lockport LA 70374
- ✓ Terrebonne:
 1. Consolidated Waterworks District: 879-2495: P.O. Box 630, Houma LA 70361

Utility Payment Assistance:

- Church: family needs to call the church that is nearest where he/she lives to be screened for possible assistance.
- Entergy Pick A Date Program: 1-800-ENTERGY or www.entergy-louisiana.com : customers of Entergy can ask for a specific date for their bill to become due simply by calling a customer service representative.
- Jefferson Parish Community Action: 504-349-5414: ask for the outreach office for Grand Isle residents.
- Lafourche Community Action: 537-7603:
 - ✓ LIHEAP: stands for Low Income Home Energy Assistance Program. The funds for this program come from the federal government to be used to assist low income families on their utility bills. It is not an emergency program and does not require a disconnect notice or past due bill to qualify. In fact, any low-income family that meets the state income guidelines can apply for this credit once every year. When applying, the family would need to bring in current proof of income, Social Security numbers for all members of the household, and the highest original utility bill within the last 11 months. A credit is then applied to their bill within 30 days. The program has limited funding and is handed out on a first come, first serve basis.
 - ✓ Emergency Utility Assistance: the parish also has a program for emergency needs and will assist as long as funds are available in the budget.
- Lafourche Council On Aging: 532-0457
- South Coast Gas Dollar Help Program: 537-5281 (Raceland); 446-1384 (Thibodaux); or 475-5771 (Golden Meadow): the public, when paying their bills, may offer donations in addition to paying their monthly bill to assist the poor in their community. If a family needs assistance with the payment of their gas bill, call South Coast gas and ask to speak with a customer service representative. Only critical cases are given assistance through this program.
- Salvation Army: 262-1871: they take applications once a month for utility assistance.
- St. Mary Outreach: 385-0525: must live in St. Mary Parish to qualify for assistance with utilities.
- St. Mary Council On Aging: 384-3324
- Terrebonne Parish Consolidated Housing and Human Resources: 873-6817:
 - ✓ LIHEAP: stands for Low Income Home Energy Assistance Program. The funds for this program come from the federal government to be used to assist low income families on their utility bills. It is not an emergency program and does not require a disconnect notice or past due bill to qualify. In fact, any low-income family that meets the state income guidelines can apply for this credit once every year. When applying, the family would need to bring in current proof of income, Social Security numbers for all members of the household, and the highest original utility bill within the last 11 months. A credit

is then applied to their bill within 45-90 days. The program has limited funding and is handed out on a first come, first serve basis.

- ✓ Emergency Utility Assistance: the parish also has a program for emergency needs and will assist as long as funds are available in the budget.
- Utilities Levelized Billing Programs: Many electric companies now have a program that would make the customers electric bill payments a similar amount each month by averaging their usage over the past 12 months. It is not recommended that a customer get on this type of program if they anticipate moving within the current year. A call to the customer service number found on the electric bill is all that is needed to enroll.
- www.modestneeds.com: several grant funds are available for low income families to apply for financial assistance towards living expenses or items needed for employment.

Unemployment Claims:

- To apply for unemployment call: 1-866-783-5567 or www.laworks.net

Veterans Information:

- Coaching Into Care: 1-888-823-7458: for moms, dads, wives, husbands or anyone else close to a service member that sees their loved one ignoring his or her own danger signs to get the help needed.
- GI Bill: www.gibill.va.gov: apply here for education and career opportunities for veterans.
- Louisiana Department of Veteran's Affairs: 1-800-827-1000 or www.vetaffairs.la.gov
- Military One Source: 1-800-342-9647 or <http://www.militaryonesource.mil> : 24 hour counseling is available as well as resources on any topic a military family may need.
- New Start For Veterans: 873-9788: provides transitional housing, counseling, and case management to homeless men and women veterans.
- Nicholls State University Veterans Coordinator: 448-4208: Members of the military – as well as veterans – can expect priority service when enrolling at Nicholls. Admissions criteria are exempted for veterans who have received an honorable discharge and enrollees may register before the general student population.
- Supportive Services For Veteran's Families: provides transitional housing, payment of past due utility bills, security deposits, child care, auto repairs, counseling, and/or case management to honorably discharged homeless men and women veterans:
 - ✓ New Start For Veterans: 873-9788
 - ✓ Volunteers In Service To America: 504-483-3558
- US National Archives & Records Administration: 1-866-272-6272 or <http://www.archives.gov/veterans/military-service-records> : can help to obtain copies of Veterans benefits or enhanced Social Security benefits.
- Veteran's Affairs:
 - ✓ Houma: 857-3626
 - ✓ Morgan City: 337-828-5047
- Veterans Affairs Medical Clinic in Houma: 851-0188: provides medical care for veterans.
- Veterans Crisis Line: 1-800-273-8255
- Are you a veteran who wants to open a business? Contact www.la-ptac.org for help!
- www.military.com : Gain access to the latest military news, benefits updates, education and career opportunities specific to the needs of any branch of the military!

Volunteer Opportunities:

- AmeriCorps/Volunteers In Service to America: VISTA: 225-389-0471: volunteers get paid a monthly stipend, health insurance, and child care for those that need it as well as an end of the year educational award.

- Barataria –Terrebonne National Estuary Program: 447-0868: they need people to help with beach sweeps and bayou cleanups as well as assist in helping with mail outs and other simple office work. Their goal is to prevent activities that threaten the estuary’s water supply, are harmful to fish or negatively impact recreational opportunities for estuary residents.
- Serve Louisiana: 225-930-9949: Offers volunteer opportunities as well as a monthly living stipend to students that have finished high school and are looking for a way to pay for college expenses, are currently in college but need money to pay for future tuition, or are just looking for a way to pay back student loans. Requires a one-year commitment.
- Peace Corps: 1-855-855-1961 ext. 1470 or www.peacecorps.gov: adults accepted as volunteers agree to spend at least two years assisting people in developing countries with basic needs for food, health care, shelter, education, and economic development. Volunteers receive a monthly allowance, health services, and vacation during their two year commitment.
- National Service Hotline: Senior Corps: www.seniorcorps.org : web based recruitment system that matches adults age 55 or over with volunteer opportunities that help local non profits, public agencies, and faith based organizations carry out their missions.
- <https://www.catholicvolunteernetwork.org>: Catholic Network of Volunteer Services that allow people to volunteer in communities while also getting paid a monthly stipend to assist them with living expenses.
- www.globalvolunteers.org : offers one, two, three week service programs in Europe, Asia, Africa and the Americas.
- <http://www.signupgenius.com/Nonprofits> : a fantastic web based tool to use when managing volunteer schedules!

Voting:

- Registrar of Voters Offices:
 - ✓ Lafourche: 447-3256
 - ✓ St. Mary: 1-337-828-4100
 - ✓ Terrebonne: 873-6533
- Voting Rights and Accessibility: www.usdoj.gov/crt/voting

Wildlife Rehabilitation/Animal Control/Pet Adoptions:

- Bee Catchers: need help getting rid of bees on your property but don’t want to kill them? Call any of the numbers below, they will come to pick them up:
 - ✓ Bug Off Exterminating: 985-992-0037 (they don’t kill bees)
 - ✓ Herb’s Pest Control: 853-2976 (they don’t kill the bees)
 - ✓ Jeff Armstrong: 504-885-4489 business or 504-416-4481 cell: Will collect swarms and remove bees from walls and structures. Will travel 100 miles or more from Metairie
 - ✓ Robert Taylor: 985-386-4647 home or 985-969-4647 cell: Will collect swarms and remove bees from structures. Will travel within 100 miles from Ponchatoula
 - ✓ Jude Verrett: 985-519-4777 or 985-384-1332
- Dog Etiquette: Puppy Head Start Kindergarten: <http://canineetiquette.vpweb.com> : teaches new dog owners the basics of everything from house training to leash control in private lessons at their home. Also offered is a Basic Obedience Class to help teach the dogs how to obey their owners and an Advanced Class that can further teach the dog’s longer recall, agility and other commands.
- Lafourche Parish Animal Shelter: 446-3532 or visit facebook.com/LafourcheParishAnimalShelter or click on the Animal Shelter link at lafourchegov.org.
- Louisiana Department of Wildlife & Fisheries: They will give you the phone number to a local wildlife rehabilitator that can take care of an injured wild animal.

- ✓ Bourg: 985-594-4139
- ✓ State Office: 225-765-2800
- Pet Adoptions: these agencies also assist with homeless animals and providing funds for spaying and neutering them.
 - ✓ www.adoptapet.com : type in your zip code and see the numerous animals available for adoption near you!
 - ✓ Hail Mary Rescue: <https://hailmaryrescue.com>: They rescue and find homes for dogs that have been abandoned.
 - ✓ Hope for Animals: <http://www.hopeforanimals.com>
 - ✓ Louisiana SPCA: 504-368-5191
 - ✓ Terrebonne Parish Animal Shelter: 873-6709
- St. Mary Parish Animal Shelter: 337-828-4100
- Wild Animal Control:
 - ✓ Lafourche Parish: 532-2808
 - ✓ Morgan City: 380-4605
 - ✓ Terrebonne Parish: 873-6709

NOTICE: The information contained in this newsletter is prepared by the CCHT Staff for informational and resource purposes only. It is not intended as and does not constitute an endorsement by CCHT of the companies, services, agencies or businesses listed. Nor does it guarantee the availability of the services offered by these entities to your particular situation.